



6. Unnaer Walking-Day

Unna / 15.06.2008

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groll, frank

□□□: 1:46:13

□□: WT-Soest

□□: 9.60 km/h

□□: 816

□□□□□□: 187

□□: 17.00 km

□□□□: 19.81

17 km-Strecke Nordic Walking

□□□□: 190 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
□□	0	0	09:30	00:00	00:00
Kontrolle	5.3	5.3	10:06	00:36	00:36
Kontrolle	12.3	7.0	10:45	01:15	00:39
□□	17.0	4.7	11:16	01:46	00:30