



4. Walk in Herne

Herne / 22.03.2009

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Runge, Dette

□□: Hohe Ward Gazellen/TuS-Hiltrup

□□: 13537

□□: 13.00 km

Nordic Walking

□□□: 2:03:01

□□: 6.34 km/h

□□□□□□: 180

□□□□: 15.70

□□□□: 100 □