



## 4. Walk in Herne

Herne / 22.03.2009

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Lensing, Bärbel

□□: Koronarsportverein Distel-Walker

□□: 13542

□□: 13.00 km

Nordic Walking

□□□: 2:13:30

□□: 5.84 km/h

□□□□□□: 180

□□□□: 15.70

□□□□: 92 □