



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

□□□□

Heitmann, Ernst

□□□: 1:49:40

□□: Hohe Ward Gazellen/TuS Hilstrup

□□: 7.11 km/h

□□: 1619

□□□□□□: 414

□□: 13.00 km

□□□□: 19.21

Nordic Walking

□□□□: 137 □