



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

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rehms-westerfeld, helga

□□□: 2:07:59

□□: wt-soest

□□: 6.09 km/h

□□: 1571

□□□□□□: 414

□□: 13.00 km

□□□□: 19.21

Nordic Walking

□□□□: 117 □