



5. LSF-Walking Day  
Münster / 20.06.2009

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Runge, Dette

□□: Hohe Ward Gazellen/TuS-Hiltrup

□□: 204

□□: 10.00 km

10 km Nordic Walking

□□□: 1:26:21

□□: 6.95 km/h

□□□□□□: 69

□□□□: 11.04

□□□□: 77 □