



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

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Staschewski, Peter

□□□: 2:20:25

□□: Roentgenwalker Lennep

□□: 8.12 km/h

□□: 1198

□□□□□□: 100

□□: 19.50 km

□□□□: 20.50

Walking 20 km

□□□□: 175 □