



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

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Hälker, Susanne

□□□: 2:28:23

□□: Hohe Ward Gazellen/TuS-Hiltrup

□□: 7.88 km/h

□□: 1141

□□□□□□: 100

□□: 19.50 km

□□□□: 20.50

Walking 20 km

□□□□: 165 □