



# 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

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Zurek-Imhoff, Beatrix

□□□: 2:35:05

□□: Hohe Ward Gazellen/TuS-Hiltrup

□□: 7.35 km/h

□□: 1138

□□□□□□: 100

□□: 19.50 km

□□□□: 20.50

Walking 20 km

□□□□: 158 □