



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

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Gindera, Elke

□□□: 1:08:11

□□: Hohe Ward Gazellen/TuS-Hiltrup

□□: 8.36 km/h

□□: 845

□□□□□□: 50

□□: 9.50 km

□□□□: 9.75

Walking 10 km

□□□□: 86 □