



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

□□□□

Gindera, Elke

□□□: 1:08:11

□□: Hohe Ward Gazellen/TuS-Hiltrup

□□: 7.92 km/h

□□: 845

□□□□□□: 50

□□: 9.50 km

□□□□: 9.75

Walking 10 km

□□□□: 86 □