



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

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Polle, Reinhold

□□□: 2:14:55

□□: Hohe Ward Gazellen/TuS-Hiltrup

□□: 8.45 km/h

□□: 1139

□□□□□□: 100

□□: 19.50 km

□□□□: 20.50

Walking 20 km

□□□□: 182 □