



## 5. Walk in Herne

Herne / 14.03.2010

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**Beier, Rudolf**

□□: Koronarsportverein Distel-Walker

□□: 20516

□□: 20.00 km

Nordic Walking

□□□: 2:43:49

□□: 7.33 km/h

□□□□□□: 300

□□□□: 24.50

□□□□: 180 □