



# 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

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**Sgundek, Dirk**

□□□: 1:41:03

□□: Diemel Walker Warburg

□□: 7.72 km/h

□□: 1128

□□□□□□: 414

□□: 13.00 km

□□□□: 19.21

Nordic Walking

□□□□: 152 □