



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

□□□□

Steermann, Gustav

□□□: 2:13:57

□□: Hohe Ward Gazellen/TuS-Hiltrup

□□: 8.06 km/h

□□: 2008

□□: 18.00 km

□□□□□□: 640

□□□□: 27.60

Walking

□□□□: 229 □