



6. Walk in Herne  
Herne / 27.03.2011

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Sems, Michael

□□: Knappschafts -Team

□□: 13592

□□: 13.00 km

Nordic Walking

□□□: 2:00:17

□□: 6.48 km/h

□□□□□□: 180

□□□□: 15.70

□□□□: 102 □