



9. Werraenergie Pleßlauf

Breitungen / 19.08.2012

0000

Ettlinger, Helmut

00: Federn Oßwald

00: 922

00: 30.00 km

30 km Nordic Walking

0000:

Nordic Walking Männer

000: 4:33:02

00: 6.59 km/h

0000: 9:06 min/km

00000/000: 4 (of 4)

00000/0: 3 (of 3)

000000: 4:05:40

00000: 3(of 3)

0000000: 4:05:40

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Pleß	18.00	2:40:16	8:54	3	16:56	3	16:56	18.00	2:40:16	8:54	3	16:56	3	16:56
Pleß	4.00	40:41	10:10	3	6:21	3	6:21	22.00	3:20:57	9:08	3	23:17	3	23:17
Festplatz	8.00	1:12:05	9:00	3	4:05	3	4:05	30.00	4:33:02	9:06	3	27:22	3	27:22