



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

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Rendchen, Lothar

□□□: 1:08:30

□□: AS Neukirchen-Vluyn

□□: 8.76 km/h

□□: 3290

□□□□□□: 196

□□: 10.00 km

□□□□: 12.94

10 km Nordic Walking

□□□□: 113 □