



4. DJK Walking-Day  
Lünen-Brambauer / 29.06.2014

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Herweg, Rudolf

□□: LT Siebengebirge

□□: 21119

□□: 21.00 km

21 km Nordic Walking

□□□: 2:42:11

□□: 7.77 km/h

□□□□□□: 486

□□□□: 28.29

□□□□: 210 □