



1. Sparkassen-MammutWalk Ahlen  
Ahlen (Westf.), Zeche Westfalen / 28.09.2014

□□□□

Lieske, Heidrun

□□□: 1:30:26

□□: TV Flerke

□□: 7.30 km/h

□□: 11085

□□□□□□: 75

□□: 11.00 km

□□□□: 12.13

HaldenWalk Nordic Walking

□□□□: 91 □