



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

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Vergewall, Heinz

□□□: 1:43:10

□□: SV Hebern

□□: 6.40 km/h

□□: 11112

□□: 11.00 km

□□□□□□: 75

□□□□: 12.13

HaldenWalk Nordic Walking

□□□□: 80 □