



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

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Pflugrad, Thomas

□□: AS Neukirchen-Vluyn

□□: 21519

□□: 21.00 km

Langstrecke Nordic Walking

□□□: 2:50:08

□□: 7.41 km/h

□□□□□□: 360

□□□□: 26.40

□□□□: 196 □