



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

□□□□

Flinke Friesen

□□□: 2:23:16

□□: 8.79 km/h

□□: 37003

□□: 21.00 km

□□□□: 21.00

Staffel Walking

□□□□: 185 □

□□□□

□□□	km □□□	km □□	□□	□□□ □□	□□ □□
Akademie Mont-Cenis	0	0	43214	00:00	00:00
Akademie Mont-Cenis	7.0	7.0	46233	00:50	00:50
Akademie Mont-Cenis	14.0	7.0	49000	01:36	00:46
Ziel	21.0	7.0	51810	02:23	00:46