



Kämmerer, Stina □□: 3:59:48 □□: Laufgruppe Atemnot □□: 5.75 km/h

□□: 166

☐: 23.50 km ☐☐☐☐☐☐: 11 (of 18)

Halbmarathon Nordic Walking ☐☐☐☐☐☐: 7 (of 15)

□□□□: 3:19:41
□□□□: 7(of 15)
Frauen □□□□□: 3:19:41

	km		km/h	-	-			km		km/h	-	-		
Wechselstelle 2	11.00	1:56:49	5.65	9	21:28	9	21:28	11.00	1:56:49	5.65	9	21:28	9	21:28
Nordpark Erfurt	12.50	2:02:59	5.85	7	18:39	7	18:39	23.50	3:59:48	5.75	7	40:07	7	40:07