



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Slowly, Rainer

Club: T.V. Friesen Telgte

Number: 1216

Course: 19.50 km

Walking 20 km

Total time: 2:18:41

Speed: 8.22 km/h

metres in height up: 100

Course score: 20.50

performance score: 177 Points