



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Lensing, Bärbel

Club: Koronarsportverein Distel-Walker

Number: 491

Course: 4.50 km

Nordic Walking 5 km

Total time: 49:11

Speed: 4.88 km/h

metres in height up: 35

Course score: 4.53

performance score: 28 Points