



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Olk, Hartmut

Club: Koronarsportverein Distel-Walker

Number: 1158

Course: 19.50 km

Nordic Walking 20 km

Total time: 2:20:08

Speed: 8.14 km/h

metres in height up: 100

Course score: 20.50

performance score: 175 Points