



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Galda, Claudia

Club: LSF-Unna-2000

Number: 1142

Course: 19.50 km

Walking 20 km

Total time: 2:29:04

Speed: 7.85 km/h

metres in height up: 100

Course score: 20.50

performance score: 165 Points