



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Heckmann, Dagmar

Club: LSF-Unna-2000

Number: 1181

Course: 19.50 km

Nordic Walking 20 km

Total time: 2:29:15

Speed: 7.64 km/h

metres in height up: 100

Course score: 20.50

performance score: 165 Points