



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Bastert, Brigitte

Club: LSF-Unna-2000

Number: 1180

Course: 19.50 km

Nordic Walking 20 km

Total time: 2:30:22

Speed: 7.58 km/h

metres in height up: 100

Course score: 20.50

performance score: 163 Points