



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Lynker, Michael

Club: LG Halver-Schalksmühle

Number: 1156

Course: 19.50 km

Nordic Walking 20 km

Total time: 2:31:40

Speed: 7.52 km/h

metres in height up: 100

Course score: 20.50

performance score: 162 Points