



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Heins, Helga

Club: Stadt Bochum Walking-Team

Number: 1135

Course: 19.50 km

Walking 20 km

Total time: 2:32:10

Speed: 7.49 km/h

metres in height up: 100

Course score: 20.50

performance score: 161 Points