



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Ruschel, Elke

Club: Bottrop

Number: 1217

Course: 19.50 km

Walking 20 km

Total time: 2:34:06

Speed: 7.59 km/h

metres in height up: 100

Course score: 20.50

performance score: 159 Points