



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

**Lenschow, Sylvia**

Club: T.V. Friesen Telgte

Number: 1213

Course: 9.50 km

Walking 10 km

Total time: 1:05:51

Speed: 8.66 km/h

metres in height up: 50

Course score: 9.75

performance score: 89 Points