



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Polle, Jutta

Club: Hohe Ward Gazellen/TuS-Hiltrup

Number: 1140

Course: 19.50 km

Walking 20 km

Total time: 2:40:40

Speed: 7.10 km/h

metres in height up: 100

Course score: 20.50

performance score: 153 Points