



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Gusko, Heike

Club: DJK Preußen 1911 Bochum e.V.

Number: 1149

Course: 19.50 km

Walking 20 km

Total time: 2:44:13

Speed: 6.94 km/h

metres in height up: 100

Course score: 20.50

performance score: 150 Points