



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Duhnke, Vuokko

Club: DJK Preußen 1911 Bochum e.V.

Number: 1184

Course: 19.50 km

Nordic Walking 20 km

Total time: 3:03:15

Speed: 6.22 km/h

metres in height up: 100

Course score: 20.50

performance score: 134 Points