



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Andexer, Regina

Club: Laufteam Gescher

Number: 487

Course: 4.50 km

Walking 5 km

Total time: 37:54

Speed: 7.12 km/h

metres in height up: 35

Course score: 4.53

performance score: 36 Points