



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

**Gindera, Elke**

Club: Hohe Ward Gazellen/TuS-Hiltrup

Number: 845

Course: 9.50 km

Walking 10 km

Total time: 1:08:11

Speed: 7.92 km/h

metres in height up: 50

Course score: 9.75

performance score: 86 Points