



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Paschedag, Marion

Club: LSF-Unna-2000

Number: 485

Course: 4.50 km

Walking 5 km

Total time: 39:12

Speed: 6.12 km/h

metres in height up: 35

Course score: 4.53

performance score: 35 Points