



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

groll, frank

Club: wt-soest

Number: 1168

Course: 19.50 km

Nordic Walking 20 km

Total time: 2:09:46

Speed: 9.02 km/h

metres in height up: 100

Course score: 20.50

performance score: 189 Points