



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

Hellenkamp, Gisela

Club: Hohe Ward Gazellen/TuS-Hiltrup

Number: 495

Course: 4.50 km

Nordic Walking 5 km

Total time: 39:49

Speed: 6.03 km/h

metres in height up: 35

Course score: 4.53

performance score: 34 Points