



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Umbach, Dorothee

Club: Stadt Bochum Walking-Team

Number: 484

Course: 4.50 km

Walking 5 km

Total time: 40:08

Speed: 5.98 km/h

metres in height up: 35

Course score: 4.53

performance score: 34 Points