



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Sgundek, Dirk

Club: LG Bauerkamp Warburg e.V

Number: 857

Course: 9.50 km

Nordic Walking 10 km

Total time: 1:01:42

Speed: 8.75 km/h

metres in height up: 50

Course score: 9.75

performance score: 95 Points