



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

Dudaj, Irmgard

Club: Coronasport Distel-Walker

Number: 899

Course: 9.50 km

Nordic Walking 10 km

Total time: 1:11:03

Speed: 7.60 km/h

metres in height up: 50

Course score: 9.75

performance score: 82 Points