



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Rückriem, Sandra

Club: DJK Preußen 1911 Bochum e.V.

Number: 0

Course: 4.50 km

Walking 5 km

Total time: 41:57

Speed: 6.44 km/h

metres in height up: 35

Course score: 4.53

performance score: 32 Points