



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Glaremin, Alfred

Club: Warkingtreff Möhnesee

Number: 1197

Course: 19.50 km

Walking 20 km

Total time: 2:12:59

Speed: 8.57 km/h

metres in height up: 100

Course score: 20.50

performance score: 185 Points