



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Arnzen, Conny

Club: Laufteam Gescher

Number: 877

Course: 9.50 km

Nordic Walking 10 km

Total time: 1:13:03

Speed: 7.80 km/h

metres in height up: 50

Course score: 9.75

performance score: 80 Points