



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Koslowski, Siegfried

Club: Walkingtreff Möhnesee

Number: 898

Course: 9.50 km

Nordic Walking 10 km

Total time: 1:16:33

Speed: 7.05 km/h

metres in height up: 50

Course score: 9.75

performance score: 76 Points