



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Kirsch, Helga

Club: SV Menden

Number: 1137

Course: 19.50 km

Walking 20 km

Total time: 2:18:25

Speed: 8.24 km/h

metres in height up: 100

Course score: 20.50

performance score: 177 Points