



7. Sparkassen Walk Telgte

Telgte / 26.09.2009

Detailed evaluation

Bastert, Frank

Club: LSF-Unna-2000

Number: 799

Course: 22.00 km

Nordic Walking

Total time: 2:37:55

Speed: 8.36 km/h

metres in height up: 17

Course score: 22.26

performance score: 186 Points