



7. Sparkassen Walk Telgte

Telgte / 26.09.2009

Detailed evaluation

Kose, Rüdiger

Club: Skiclub Schwerte

Number: 754

Course: 22.00 km

Nordic Walking

Total time: 2:46:01

Speed: 7.95 km/h

metres in height up: 17

Course score: 22.26

performance score: 177 Points