



7. Sparkassen Walk Telgte

Telgte / 26.09.2009

Detailed evaluation

Lenzko, Ilona

Club: Gehörlosen Walkingtreff Essen

Number: 753

Course: 22.00 km

Nordic Walking

Total time: 2:55:16

Speed: 7.53 km/h

metres in height up: 17

Course score: 22.26

performance score: 168 Points