



7. Sparkassen Walk Telgte

Telgte / 26.09.2009

Detailed evaluation

Seidel, Jürgen

Club: Marathon Steinfurt

Number: 800

Course: 22.00 km

Nordic Walking

Total time: 3:00:23

Speed: 7.32 km/h

metres in height up: 17

Course score: 22.26

performance score: 163 Points