



7. Sparkassen Walk Telgte

Telgte / 26.09.2009

Detailed evaluation

Hölker, Herbert

Club: DJK Coesfeld

Number: 796

Course: 22.00 km

Nordic Walking

Total time: 3:01:40

Speed: 7.27 km/h

metres in height up: 17

Course score: 22.26

performance score: 162 Points