



7. Sparkassen Walk Telgte

Telgte / 26.09.2009

Detailed evaluation

Arzen, Conny

Club: Laufteam Gescher

Number: 760

Course: 22.00 km

Nordic Walking

Total time: 3:11:17

Speed: 6.90 km/h

metres in height up: 17

Course score: 22.26

performance score: 154 Points