



8. Sparkassen Walk Telgte

Telgte / 25.09.2010

Detailed evaluation

Lüno, Ralf

Club: Nordic Bears

Number: 499

Course: 22.20 km

Nordic Walking

Total time: 2:38:30

Speed: 8.33 km/h

metres in height up: 17

Course score: 22.26

performance score: 189 Points