



NORDIC WALKING DELTAGOLF - COMO

Sport activity 2007

Logo	Date	Place	Event	Km	Trek	Slope	Time	Classment	Km/h	T/Km
	23/09	Zurich	Züri Walkt	9,000	Asphalt + footpath	Hill + steep	1:19.02,5 G 1:19.03,9 D	53/456 G 55/456 D	6.83	8.46
	30/09	Locarno	2° Helsana Walking Ticino	10,500	Asphalt + steps	Flat + steep	1:43.45,0 D 1:43.46,1 G	32/82 G 44/327 D	6.07	9.52
	21/10	Carate B.za	27.ma Carate tra il verde e l'antico	15,000	Asphalt + footpath + steps	Hill	2:14.00,0		6.71	8.56
	28/10	Luzern	1° Lucerne Marathon	8,000	Asphalt	Flat	1:09.50,5 D 1:09.51,2 G	23/59 G 41/234 D	6.87	8.43
	18/11	Crema	1° Maratonina Città di Crema	14,000	Asphalt	Flat	1:56.00,0		7.24	8.17
	08/12	Cremella	XXXVII Magnus Cursus Pomi	16,000	Asphalt + footpath	Hill	2:23:03,1		6.71	8.56
	23/12	Como	2° trofeo "Como Città dei Balocchi"	11,000	Asphalt	Flat	1:27:37,4		7.53	7.57
	30/12	Eschlikon	14.ma TVE-Silvesterlauf	8,150	Asphalt + footpath	Hill	1:05:27,4	13/28 G 15/28 D	7.34	8.09
	31/12	Gippingen	29. Gippinger Stauseelauf	7,530	Asphalt	Flat	59:30,1 G 58:14,5 D	21/43 G 18/84 D	7.56 G 7.72 D	7.56 G 7.45 D