













NORDIC WALKING DELTAGOLF - COMO

Sport activity 2008

Logo	Date	Place	Event	Km	Trek	Slope	Time	Classment	Km/h	T/Km
	20/01	Bergamo	7° Buon anno passeggiando sui colli di Bergamo	12.000	Frozen asphalt	Hill + steep	1:41.22,5	Not competitive	7.1	8.26
	27/01	Alzate Brianza	11° Brianza sotto la neve	10.000	Asphalt + footpath	Hill	1:24.29,3	Not competitive	7.1	8.26
	29/03	Baden (CH)	Badener Limmat-Lauf	13.200	Asphalt + footpath	Mix	1:49.57,2 G 1:47.37,7 D	21/24 G 13/32 D	7.2 G 7.35 D	8.19 G 8.09 D
	14/04	Lugano (CH)	Walking Lugano 2008	10.600	Asphalt + footpath	Mix	1:33.23.4 G 1:33.27.3 D	16/78 G 23/347 D	6.8	8.48
	26/04	Kehrsatz (CH)	24. Chäsiter-louf	10.500	Asphalt + footpath	Mix	1:26.13.7 G 1:26.14.7 D	11/16 G 6/18 D	7.3	8.12
	27/04	Wiedlisbach (CH)	Wiedlisbacher lauftag 2008	10.000	Asphalt + footpath	Mix	1:24.28.7 G 1:24.29.7 D	9/20 G 10/20 D	7.1	8.26
	03/05	Schluchsee (D)	Schluchseelauf 2008	11.000	Asphalt + footpath	Mix	1:33:47.0		7.04	8.32
	04/05	Zünzgen (CH)	Zünzger Waldlauf 2008	8.000	Asphalt + footpath	Mix	1:08:03:1 G 1:08:03:2 D (Soste)	35/52 G 63/129 D	7.05	8.3
	24/05	Lenzburg (CH)	Lenzburger Lauf 2008	12.210	Footpath	Mix	1:36:40.6 G 1:36:24.4 D	18/35 G 17/35 D	7.6	7.55

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	25/5	Widnau (CH)	6. Rhy-Walking	10.000	Mix	Flat	1:29:46:4	6/33 G 7/33 D	6.7	8.59
	01/06	Morges (CH)	Walking Day 2008	10.500	Mix	Flat	1:19:15.3 G 1:19:18.6 D	19/473 G 21/473 D	7.95	7.33
	14/6	Mendrisio (CH)	13.ma 24 ore		Mix	Mix		Not competitive		
	03/08	Curon Venosta (I)	9. Rechenseelauf	15.300	Mix	Flat	2:03:45.6 G 2:04:07.3 D	22/102 G 26/102 D	7.4	8.06G 8.07D
	31/08	Solothurn (CH)	9. Swiss Walking Event	10.500	Mix	Flat	1:24:37.9 G 1:24:41.2 D Sosta tecnica 5'	272/2579 G 276/2579 D	7.45	8.04
	20/09	Uster (CH)	29. Internationaler Greifensee.Lauf	10.000	Mix	Flat	1:18:28:1 G 1:17:49:2 D	51/596 G 44/596 D	7.65 G 7.71 D	7.51 G 7.47 D
	27/09	Andermatt (CH)	3. Gotthard Nordic Walking Event	8.000	Footpath + Mountain	Flet + steep	1:07.40	FIRST!! G FIRST!! D	7.93	8.28
	05/10	Locarno (CH)	3. Helsana Walking Ticino	11.500	Mix	Mix + Steep + Steps	1:38:15.5 G 1:38:09.5 D	9/92 G 7/382 D	7.02 G 7.03 D	8.33 G 8.32 D
	11/10	Beinwil am See (CH)	34. Hallwilerseelauf	6.900	Mix	Flat	55:11 G 55:10 D	28/293 G 27/293 D	7.5	7.58
	18/10	Büren an der Aare (CH)	22. Bürenlauf 2008	8.400	Footpath	Mix	1:06:43,3 G 1:06:35.8 D	10/101 G 9/101 D 1 ^a woman!!	7.55 G 7.57 D	7.57 G 7.56 D
	19/10	Grossdietwil Altbüron (CH)	2. Hinterländer Walking Event	11.500	Footpath	Steep	1:45:15.1 G 1:36:34,1 D	52/342 G 12/342 D 3 ^a woman!!	6.55 G 7.10 D	9.09 G 8.24 D