



NORDIC WALKING DELTAGOLF - COMO

Sport activity 2009

Logo	Date	Place	Event	Km	Trek	Slope	Time	Classment	Km/h	T/Km
	11/01	Arosa (CH)	5. Swiss Snow Walking Event	6,500	Snow	Steep	57:05.9 G 56:59.1 D	4° G 3^ D	6.83 G 6.84 D	8.47 G 8.46 D
	28/02	Bremgarten (CH)	Bremgarter Reusslauf 2009	11,000	Asphalt + mud	Flat	1.26,10 G 1.23,04 D	20° G 2^ D	7.65 G 7.95 D	7.50 G 7.33 D
	22/03	Ruggell (FL)	37. Ruggeller Geländelauf	7,100	Footpath	Flat	56:11.6 G 52:23.9 D	5° G 1^ D	7.58 G 8.13 D	7.55 G 7.23 D
	04/04	Ebikon (CH)	40. Rotseelauf	7,700	Mix	Mix	59:32.2 G 57:18.8 D	3° G 1^ D	7.76 G 8.06 D	7.44 G 7.26 D
	11/04	Eiken (CH)	44. GP Fricktal Osterlauf	10,700	Mix	Mix	1:28:10,9 G 1:23:25,8D	9° G 3^ D	7.28 G 7.70 D	8.14 G 7.48 D
	02/05	Nidau (CH)	12. Classic Aar et Nordic Walking	13,300	Mix Heavy rain	Flat	1:46:55 G 1:39:20 D	4° G 1^ D	7.46 G 8.03 D	8:02 G 7:28 D
	03/05	Zunzgen (CH)	Zunzger Waldlauf 2009	8,000	Asphalt + Footpath	Mix	1:02:11 G 57:16 D	14° G 1^ D	7.71 G 8.38 D	7.46 G 7.09 D
	17/05	Yverdon les Bains (CH)	Helsana Walking Romandie 2009	20,000	Asphalt + Footpath	Mix	2:54:24,5 G 2:43:28,2 D	22° G 6^ D	6.88 G 7.34 D	8.43 G 8.10 D
	23/05	Winterthur (CH)	11 Winterthur Marathon	10,000	Asphalt + Footpath	Mix	1:20:05,5 G 1:16:03,1 D	7° G 1^ D	7.49 G 7.90 D	8.00 G 7.36 D

