






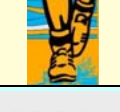






NORDIC WALKING DELTAGOLF - COMO

Sport activity 2010

Logo	Date	Place	Event	Km	Trek	Slope	Time	Classment	Km/h	T/Km
	20/03	Kerzers (CH)	32. Kerzerslauf	15,000	Mix	Mix	1:55.37,3 G 1:54.00,1 D	26° G 6^ D	7.78 G 7.89 D	7,42 G 7,36 D
	17/04	Ebikon (CH)	41. Rotseelauf	7,700	Mix	Mix	57.03,9 G 55.09,4 D	2° G 1^ D	8.01 G 8,37 D	7,25 G 7.10 D
	25/04	Aarau (CH)	21. Aargauer Volkslauf	10,000	Step	Flat	1:17.03 G 1:13:55 D	7° G 1^ D	7.78 G 8.17 D	7,42 G 7,24 D
	08/05	Kehrsatz (CH)	26. Chäsitzer-louf	10,400	Asphalt + Step	Mix	1:19.08,7 G 1:15.59,6 D	3° G 1^ D	7.89 G 8,21 D	7,37 G 7,18 D
	15/05	Beromünster (CH)	25. Fläckelauf	8,500	Asphalt + Step	Mix	1:00.44,4 G 57.58,5 D	1° G 1^ D	8.39 G 8.80 D	7.09 G 6.49 D
	16/05	Winterthur (CH)	12. Winterthur Marathon	10,000	Asphalt + Step	Mix	1:16.19,6 G 1:11.50,5 D	5° G 1^ D	7.86 G 8.35 D	7.38 G 7.11 D
	29/05	Lenzburg (CH)	Lenzburger Lauf	11,600	Step	Mix	1:31.07,4 G 1:27.21,3 D	4° G 1^ D	7.63 G 7.96 D	7.51 G 7.32 D
	06/06	Unteriberg (CH)	Ybrig Nordic Walking Event	11,600	Asphalt + Slow Step	Mix	1:42.03 G diverted 1:32,12 D	2° G 1^ D	6.82 G diverted 7.54 D	8.48 G diverted 7.57 D
	27/06	Bellinzona (CH)	AMB Ticino Walking Day	17,000	Asphalt + Step	Flat	2:16.46 G 2:06.31 D	4° G 1^ D	7.46 G 8.06 D	8.03 G 7.27 D

Logo	Date	Place	Event	Km	Trek	Slope	Time	Classment	Km/h	T/Km
	11/07	Gersbach (D)	5. Gersbacher Panoramalauf	8,300	Asphalt + Step	Steep	1:06.57 G 1:03.59 D	2° G 1^ D	7.44 G 7.78 D	8.04 G 7.43 D
	31/07	Curon Venosta (I)	11. Rechenseelauf	15,300	Mix	Mix	1:53.32,8 G 1:52.18,0 D	11° G 1^ D	8.08 G 8.17 D	7.25 G 7.20 D
	08/08	Scuol (CH)	30. Unterengadiner Sommerlauf	14,500	Step	Mix	1:48.19,5 G 1:44.30,6 D	5° G 1^ D	8.03 G 8.32 D	7.28 G 7.12 D
	11/08	MuttENZ (CH)	31. Fyrobelauf	5,500	Mix	Steep	45.02,03 G 43.19,47 D	1° G 1^ D	7.32 G 7.61 D	8.11 G 7.53 D
	13/08	Bleienbach (CH)	32. Bleienbacher Gelandelauf	8,000	Mix	Mix	59.54,8 G 57.12,3 D	1° G 1^ D	8.01 G 8.39 D	7.29 G 7.09 D
	22/08	Thun (CH)	17. Thuner Stadtlauf	10,000	Mix	Asphalt	1:14.13,2 G 1:11.43,7 D	4° G 1^ D	8.08 G 8.36 D	7.25 G 7.10 D
	05/09	Solothurn (CH)	11. Swiss Walking Event	10,500	Mix	Flat	1:13.40,4 G 1:12.10,2 D	1° G 2^ D	8.55 G 8.72 D	7.01 G 6.52 D
	11/09	St. Michael ob Bleiburg (AT)	2010 World Championship	21,200	Mix	Flat	2:40.18,3 G 2:37.48,7 D	11° G 5^ D	7.93 G 8.06 D	7.34 G 7.27 D
	18/09	Uster (CH)	31. Internationaler Greifenseelauf	10,000	Mix	Flat	1:12.13,4 G 1: 10.32,7 D	7° G 2^ D	8.30 G 8.50 D	7.13 G 7.03 D
	03/10	Locarno (CH)	5. Helsana Walking Ticino	12,000	Mix	Mix + Steep + Steps	1:31.53,4 G 1:27.54,5 D	2° G 3^ D	7.83 G 8.19 D	7.39 G 7.20 D
	31/10	Lausanne (CH)	Lausanne Marathon	10,000	Flat	Asphalt	1:12.13,2 G 1:10.18,1 D	2° G 1^ D	8.30 G 8.53 D	7.13 G 7.02 D

