





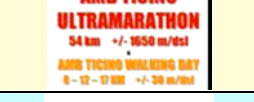






NORDIC WALKING COMO Sport Activity 2011

Logo	Date	Place	Event	Km	Trek	Slope	Time	Classment	Km/h	T/Km
	30/01	Stallikon (CH)	Reppischtallauf	8,080	Mix	Mix + steep	58.25,00 G 56.18,00 D	2° G 1^ D	8,29 G 8,61 D	7.14 G 6.58 D
	03/04	Lugano (CH)	Walking Lugano	10,600	Mix	Mix + steep + steps	1:20.21,9 G 1:17.33,0 D	8° G 2^ D	7,91 G 8,02 D	7,35 G 7,19 D
	24/04	Eiken (CH)	Friktal Osterlauf	11,100	Mix	Mix	1:26.19,3 G 1:24.56,0 D	7° G 3^ D	7,71 G 7,84 D	7,47 G 7,39 D
	07/05	Schluchsee (D)	Internationaler Schluchseeelauf	11,000	Mix	Mix	1:27.51,0 G 1:24.36,0 D	1° G 1^ D	7,51 G 7,80 D	7,59 G 7,41 D
	08/05	Zunzgen (CH)	Zunzgen Waldlauf	8,000	Mix	Mix	58.54,00 G 55.34,00 D	8° G 1^ D	8,14 G 8,63 D	7,22 G 6,57 D
	29/05	Winterthur (CH)	Winterthur Marathon	10,000	Mix	Mix	1:12.47,6 G 1:12.23,0 D	3° G 1^ D	8,24 G 8,29 D	7,16 G 7,14 D
	19/06	Bellinzona (CH)	AMB Ticino Walking Day	17,000	Mix	Flat	2:11.10.0 G 2:06.04.0 D	3° G 1^ D	7.78 G 8,09 D	7,43 G 7,25 D
	30/07	Curon Venosta (I)	12. Rechenseelauf	15,300	Mix	Mix	1:53.58,0 G 1:50.58,4 D	10° G 1^ D	8.05 G 8.27 D	7.27 G 7.15 D
	06/08	Stölln (D)	5. Lilienthal Lauf	9,896	Mix	Mix + steep	1:18.49,0 G 1:13.52,0 D	1° G 1^ D	7.53 G 8.03 D	7.58 G 7.28 D

