



4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

Detailed evaluation

Emde, Rainer

Club: LG Bauerkamp Warburg

Number: 1203

Course: 19.50 km

Nordic Walking 20 km

Total time: 2:25:58

Speed: 8.02 km/h

metres in height up: 100

Course score: 20.50

performance score: 168 Points