



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

Kochskämper, Siegfried

Club: Beckum

Number: 1151

Course: 19.50 km

Nordic Walking 20 km

Total time: 2:31:13

Speed: 7.54 km/h

metres in height up: 100

Course score: 20.50

performance score: 163 Points