



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

Czwickla, Jürgen

Club: TBS-Herne

Number: 1164

Course: 19.50 km

Nordic Walking 20 km

Total time: 2:34:45

Speed: 7.56 km/h

metres in height up: 100

Course score: 20.50

performance score: 159 Points