



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

**Marmulla, Christian**

Club: Westfalia Herne

Number: 1152

Course: 19.50 km

Nordic Walking 20 km

Total time: 2:38:45

Speed: 7.37 km/h

metres in height up: 100

Course score: 20.50

performance score: 155 Points