



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

**Sulk, Elmar**

Club: DJK Preußen 1911 Bochum e.V.

Number: 1130

Course: 19.50 km

Walking 20 km

Total time: 2:39:39

Speed: 7.14 km/h

metres in height up: 100

Course score: 20.50

performance score: 154 Points