



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

**Rudolph, Frank**

Club: Gesundheitssport Schoppe Kassel

Number: 515

Course: 4.50 km

Nordic Walking 5 km

Total time: 38:41

Speed: 6.20 km/h

metres in height up: 35

Course score: 4.53

performance score: 35 Points