



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

**Seidel, Volker**

Club: Bochum

Number: 878

Course: 9.50 km

Walking 10 km

Total time: 1:14:03

Speed: 7.70 km/h

metres in height up: 50

Course score: 9.75

performance score: 79 Points