



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

**Polle, Reinhold**

Club: Hohe Ward Gazellen/TuS-Hiltrup

Number: 1139

Course: 19.50 km

Walking 20 km

Total time: 2:14:55

Speed: 8.45 km/h

metres in height up: 100

Course score: 20.50

performance score: 182 Points