



## 4. Warburger Nordic Walking Tag

Warburg / 05.09.2009

### Detailed evaluation

**Raffenberg, Michael**

Club: TV Gut-Heil 1865 e.V. DO-Aplerbeck

Number: 1118

Course: 19.50 km

Walking 20 km

Total time: 2:17:35

Speed: 8.29 km/h

metres in height up: 100

Course score: 20.50

performance score: 178 Points