



### 3. Walk in Herne

Herne / 09.03.2008

#### Detailed evaluation

**Pflug, Sandra**

Club: Convita-Apotheke

Number: 873

Course: 5.00 km

Nordic Walking

Total time: 55:52

Speed: 5.37 km/h

metres in height up: 99

Course score: 6.49

performance score: 35 Points