



3. Walk in Herne

Herne / 09.03.2008

Detailed evaluation

Urbas, Ralf

Club: DJK Bickern

Number: 994

Course: 7.00 km

Walking/ Nordic Walking

Total time: 57:27

Speed: 7.31 km/h

metres in height up: 101

Course score: 8.52

performance score: 62 Points