



3. Walk in Herne

Herne / 09.03.2008

Detailed evaluation

Ponomarenko, Werner

Club: Turbo-Schnecken Lüdenscheid

Number: 319

Course: 13.00 km

Nordic Walking

Total time: 1:38:15

Speed: 7.94 km/h

metres in height up: 179

Course score: 15.69

performance score: 125 Points