



### 3. Walk in Herne

Herne / 09.03.2008

#### Detailed evaluation

**Bierfreund, Heinz-Theo**

Club: TV Flerke/Welver

Number: 509

Course: 13.00 km

Nordic Walking

Total time: 1:39:49

Speed: 7.81 km/h

metres in height up: 179

Course score: 15.69

performance score: 122 Points