



### 3. Walk in Herne

Herne / 09.03.2008

#### Detailed evaluation

**Jeismann, Friedrich**

Club: Turbo-Schnecken Lüdenscheid

Number: 324

Course: 13.00 km

Nordic Walking

Total time: 1:45:42

Speed: 7.38 km/h

metres in height up: 179

Course score: 15.69

performance score: 116 Points