



### 3. Walk in Herne

Herne / 09.03.2008

#### Detailed evaluation

Coerdt, Angelika

Club: ARE NW Welper  
Number: 510

Course: 13.00 km  
Nordic Walking

Total time: 1:49:30

Speed: 7.12 km/h

metres in height up: 179  
Course score: 15.69

performance score: 112 Points