



### 3. Walk in Herne

Herne / 09.03.2008

#### Detailed evaluation

Abdullah, Abdallah

Club: Herne

Number: 486

Course: 13.00 km

Nordic Walking

Total time: 1:51:05

Speed: 7.02 km/h

metres in height up: 179

Course score: 15.69

performance score: 110 Points