



### 3. Walk in Herne

Herne / 09.03.2008

#### Detailed evaluation

**Czubak, Heidi**

Club: Distel-Walker

Number: 407

Course: 13.00 km

Nordic Walking

Total time: 1:52:01

Speed: 6.96 km/h

metres in height up: 179

Course score: 15.69

performance score: 109 Points