



### 3. Walk in Herne

Herne / 09.03.2008

#### Detailed evaluation

Freund, Bernhard

Club: Herne

Number: 513

Course: 13.00 km

Nordic Walking

Total time: 1:52:12

Speed: 6.95 km/h

metres in height up: 179

Course score: 15.69

performance score: 109 Points