



### 3. Walk in Herne

Herne / 09.03.2008

#### Detailed evaluation

Schippling, Astrid

Club: VfK Iserlohn 1888

Number: 457

Course: 13.00 km

Nordic Walking

Total time: 2:02:03

Speed: 6.39 km/h

metres in height up: 179

Course score: 15.69

performance score: 100 Points