



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Leßmöllmann, Hedi

Club: Castrop-Rauxel

Number: 5503

Course: 5.00 km

Nordic Walking

Total time: 48:57

Speed: 6.13 km/h

metres in height up: 99

Course score: 6.49

performance score: 40 Points