



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Grimm, Heiko

Club: Essen

Number: 5502

Course: 5.00 km

Nordic Walking

Total time: 52:11

Speed: 5.75 km/h

metres in height up: 99

Course score: 6.49

performance score: 37 Points