



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Overhage, Irmtrud

Club: ASV-Sendener Walking-Mäuse

Number: 5530

Course: 5.00 km

Nordic Walking

Total time: 55:03

Speed: 5.45 km/h

metres in height up: 99

Course score: 6.49

performance score: 35 Points