



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Fries-Krüger, Rita

Club: Herne

Number: 5556

Course: 5.00 km

Nordic Walking

Total time: 55:21

Speed: 5.42 km/h

metres in height up: 99

Course score: 6.49

performance score: 35 Points