



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Pohlkamp, Bernhard

Club: Marathon Soest

Number: 13646

Course: 13.00 km

Nordic Walking

Total time: 1:39:13

Speed: 7.86 km/h

metres in height up: 180

Course score: 15.70

performance score: 123 Points