



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Hörster, Lothar

Club: TBS-Herne

Number: 13501

Course: 13.00 km

Nordic Walking

Total time: 2:16:50

Speed: 5.70 km/h

metres in height up: 180

Course score: 15.70

performance score: 89 Points