



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Proplesch, Karola

Club: TLV Germania 1901 Essen-Überruhr  
Number: 13085

Course: 13.00 km

Walking

Total time: 1:46:02

Speed: 7.36 km/h

metres in height up: 180

Course score: 15.70

performance score: 116 Points