



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Gadau, Conny

Club: Hohe Ward Gazellen/TuS-Hiltrup

Number: 13030

Course: 13.00 km

Walking

Total time: 1:50:00

Speed: 7.09 km/h

metres in height up: 180

Course score: 15.70

performance score: 111 Points