



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Arens, Lothar

Club: EscarGOts Bochum

Number: 13662

Course: 13.00 km

Nordic Walking

Total time: 1:48:00

Speed: 7.22 km/h

metres in height up: 180

Course score: 15.70

performance score: 113 Points