



## 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