



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Hensel, Ilona

Club: Die Revierinitiative / Förderver

Number: 13596

Course: 13.00 km

Nordic Walking

Total time: 1:49:58

Speed: 7.09 km/h

metres in height up: 180

Course score: 15.70

performance score: 111 Points