



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Marold, Karin

Club: Laufteam Gescher

Number: 13606

Course: 13.00 km

Nordic Walking

Total time: 1:50:42

Speed: 7.05 km/h

metres in height up: 180

Course score: 15.70

performance score: 111 Points