



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Niehoff, Klaus

Club: TV. Friesen Telgte

Number: 13523

Course: 13.00 km

Nordic Walking

Total time: 1:51:02

Speed: 7.02 km/h

metres in height up: 180

Course score: 15.70

performance score: 110 Points