



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Ibsch, Hans-Dieter

Club: Die Verfolger

Number: 13515

Course: 13.00 km

Nordic Walking

Total time: 1:51:38

Speed: 6.99 km/h

metres in height up: 180

Course score: 15.70

performance score: 110 Points