



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Abdallah, Abdallah

Club: Die Revierinitiative / Förderver

Number: 13597

Course: 13.00 km

Nordic Walking

Total time: 1:53:13

Speed: 6.89 km/h

metres in height up: 180

Course score: 15.70

performance score: 108 Points