



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Massel, Bernd

Club: Krefeld

Number: 13604

Course: 13.00 km

Nordic Walking

Total time: 1:53:35

Speed: 6.87 km/h

metres in height up: 180

Course score: 15.70

performance score: 108 Points