



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

#### Nachtigall, Heike

Club: Stadt Bochum Walking-Team

Number: 13005

Course: 13.00 km

Walking

Total time: 1:59:13

Speed: 6.54 km/h

metres in height up: 180

Course score: 15.70

performance score: 103 Points