



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Fernholz, Wolfgang

Club: VfK Iserlohn 1888

Number: 13622

Course: 13.00 km

Nordic Walking

Total time: 1:54:34

Speed: 6.81 km/h

metres in height up: 180

Course score: 15.70

performance score: 107 Points