



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

König, Karlheinz

Club: Laufftreff Hohenlimburg

Number: 13524

Course: 13.00 km

Nordic Walking

Total time: 1:55:17

Speed: 6.77 km/h

metres in height up: 180

Course score: 15.70

performance score: 106 Points