



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

**Nordhausen, Ingo**

Club: Ratingen

Number: 13538

Course: 13.00 km

Nordic Walking

Total time: 1:56:56

Speed: 6.67 km/h

metres in height up: 180

Course score: 15.70

performance score: 105 Points