



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Arnzen, Conny

Club: Laufteam Gescher

Number: 13608

Course: 13.00 km

Nordic Walking

Total time: 1:57:39

Speed: 6.63 km/h

metres in height up: 180

Course score: 15.70

performance score: 104 Points