



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Ferchow, Heike

Club: LT Brechten

Number: 13640

Course: 13.00 km

Nordic Walking

Total time: 2:00:22

Speed: 6.48 km/h

metres in height up: 180

Course score: 15.70

performance score: 102 Points