



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

**Seifert, Claudia**

Club: Hagen

Number: 13585

Course: 13.00 km

Nordic Walking

Total time: 2:01:24

Speed: 6.43 km/h

metres in height up: 180

Course score: 15.70

performance score: 101 Points