



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Zemelka, Monika

Club: VfK Iserlohn 1888

Number: 13619

Course: 13.00 km

Nordic Walking

Total time: 2:02:15

Speed: 6.38 km/h

metres in height up: 180

Course score: 15.70

performance score: 100 Points