



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

#### Spangenberg, Gesine

Club: LG Bauerkamp

Number: 13666

Course: 13.00 km

Nordic Walking

Total time: 2:07:28

Speed: 6.12 km/h

metres in height up: 180

Course score: 15.70

performance score: 96 Points