



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Ahrendt, Kirstin

Club: Laufteam Gescher

Number: 13609

Course: 13.00 km

Nordic Walking

Total time: 2:08:09

Speed: 6.09 km/h

metres in height up: 180

Course score: 15.70

performance score: 96 Points