



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Lingnau, Cordula

Club: Herne

Number: 13637

Course: 13.00 km

Nordic Walking

Total time: 2:09:05

Speed: 6.04 km/h

metres in height up: 180

Course score: 15.70

performance score: 95 Points