



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Janßen, Mechthild

Club: NoWaDos

Number: 13599

Course: 13.00 km

Nordic Walking

Total time: 2:09:23

Speed: 6.03 km/h

metres in height up: 180

Course score: 15.70

performance score: 95 Points