



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Pawelski, Sigrid

Club: Jammern nützt nichts

Number: 13518

Course: 13.00 km

Nordic Walking

Total time: 2:12:06

Speed: 5.90 km/h

metres in height up: 180

Course score: 15.70

performance score: 93 Points