



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Freund, Sebastian

Club: Herne

Number: 20026

Course: 20.00 km

Walking

Total time: 2:32:26

Speed: 7.87 km/h

metres in height up: 300

Course score: 24.50

performance score: 193 Points