



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

**ADAMIK, HANS JÜRGEN**

Club: ski klub herne

Number: 20070

Course: 20.00 km

Walking

Total time: 2:32:45

Speed: 7.86 km/h

metres in height up: 300

Course score: 24.50

performance score: 193 Points