



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

**Hoef, Heike**

Club: Nordic-Fitness-Team e.V.

Number: 13626

Course: 13.00 km

Nordic Walking

Total time: 2:13:23

Speed: 5.85 km/h

metres in height up: 180

Course score: 15.70

performance score: 92 Points