



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Kose, Rüdiger

Club: Skiclub Schwerte

Number: 20530

Course: 20.00 km

Nordic Walking

Total time: 2:30:20

Speed: 7.98 km/h

metres in height up: 300

Course score: 24.50

performance score: 196 Points