



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Lenzko, Ilona

Club: Gehörlosen Walkingtreff Essen

Number: 20511

Course: 20.00 km

Nordic Walking

Total time: 2:37:52

Speed: 7.60 km/h

metres in height up: 300

Course score: 24.50

performance score: 186 Points