



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

**Gwosdek, Wolfgang**

Club: Neukirchen-Vluyn

Number: 20564

Course: 20.00 km

Nordic Walking

Total time: 2:38:03

Speed: 7.59 km/h

metres in height up: 300

Course score: 24.50

performance score: 186 Points