



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Lynker, Michael

Club: LG Halver-Schalksmühle

Number: 20533

Course: 20.00 km

Nordic Walking

Total time: 2:43:55

Speed: 7.32 km/h

metres in height up: 300

Course score: 24.50

performance score: 179 Points