



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

vanderbemden, Ulrike

Club: WT-Soest

Number: 20539

Course: 20.00 km

Nordic Walking

Total time: 2:43:57

Speed: 7.32 km/h

metres in height up: 300

Course score: 24.50

performance score: 179 Points