



4. Walk in Herne

Herne / 22.03.2009

Detailed evaluation

Freund, Heinrich

Club: Herne

Number: 20518

Course: 20.00 km

Nordic Walking

Total time: 2:45:10

Speed: 7.27 km/h

metres in height up: 300

Course score: 24.50

performance score: 178 Points