



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Heckmann, Dagmar

Club: LSF-Unna-2000

Number: 20524

Course: 20.00 km

Nordic Walking

Total time: 2:45:13

Speed: 7.26 km/h

metres in height up: 300

Course score: 24.50

performance score: 178 Points