



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Heitmann, Ernst

Club: Hohe Ward Gazellen/TuS-Hiltrup

Number: 20525

Course: 20.00 km

Nordic Walking

Total time: 2:45:46

Speed: 7.24 km/h

metres in height up: 300

Course score: 24.50

performance score: 177 Points