



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

**Semrau, Gretel**

Club: Ratingen

Number: 20012

Course: 20.00 km

Walking

Total time: 3:02:23

Speed: 6.58 km/h

metres in height up: 300

Course score: 24.50

performance score: 161 Points