



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Lhoest, Karl-Heinz

Club: Mülheim

Number: 20528

Course: 20.00 km

Nordic Walking

Total time: 2:58:42

Speed: 6.72 km/h

metres in height up: 300

Course score: 24.50

performance score: 165 Points