



5. Walk in Herne
Herne / 14.03.2010

Detailed evaluation

Lenschow, Sylvia

Club: TV-Friesen Telgte
Number: 13045

Course: 13.00 km

Walking

Total time: 1:43:09

Speed: 7.56 km/h

metres in height up: 180

Course score: 15.70

performance score: 119 Points