



## 5. Walk in Herne

Herne / 14.03.2010

### Detailed evaluation

Dr. Abdallah, Abdallah

Club: Herne

Number: 13582

Course: 13.00 km

Nordic Walking

Total time: 1:50:14

Speed: 7.08 km/h

metres in height up: 180

Course score: 15.70

performance score: 111 Points