



5. Walk in Herne  
Herne / 14.03.2010

## Detailed evaluation

**Braun, Freia**

Club: Diemel Walker Warburg  
Number: 13595

Course: 13.00 km  
Nordic Walking

Total time: 1:51:12

Speed: 7.01 km/h

metres in height up: 180  
Course score: 15.70

performance score: 110 Points