



5. Walk in Herne  
Herne / 14.03.2010

## Detailed evaluation

Kampmann, Thomas

Club: nordic-fitness-Bochum  
Number: 13517

Course: 13.00 km

Nordic Walking

Total time: 1:55:18

Speed: 6.76 km/h

metres in height up: 180

Course score: 15.70

performance score: 106 Points