



## 5. Walk in Herne

Herne / 14.03.2010

### Detailed evaluation

**Tonder, Andreas**

Club: Recklinghausen

Number: 13520

Course: 13.00 km

Nordic Walking

Total time: 1:59:32

Speed: 6.53 km/h

metres in height up: 180

Course score: 15.70

performance score: 103 Points