



5. Walk in Herne  
Herne / 14.03.2010

Detailed evaluation

Heinemann, Ingeruth

Club: Castrop-Rauxel

Number: 13560

Course: 13.00 km

Nordic Walking

Total time: 2:11:49

Speed: 5.92 km/h

metres in height up: 180

Course score: 15.70

performance score: 93 Points