



5. Walk in Herne  
Herne / 14.03.2010

## Detailed evaluation

**Kose, Rüdiger**

Club: Skiclub Schwerte  
Number: 20534

Course: 20.00 km  
Nordic Walking

Total time: 2:30:22

Speed: 7.98 km/h

metres in height up: 300  
Course score: 24.50

performance score: 196 Points