



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