



## 5. Walk in Herne

Herne / 14.03.2010

### Detailed evaluation

Lüno, Ralf

Club: Nordic Bears

Number: 20517

Course: 20.00 km

Nordic Walking

Total time: 2:34:04

Speed: 7.79 km/h

metres in height up: 300

Course score: 24.50

performance score: 191 Points