



## 5. Walk in Herne

Herne / 14.03.2010

### Detailed evaluation

**Karrengarn, Ralf**

Club: Koronarsportverein Distel-Walker

Number: 20537

Course: 20.00 km

Nordic Walking

Total time: 2:43:07

Speed: 7.36 km/h

metres in height up: 300

Course score: 24.50

performance score: 180 Points