



5. Walk in Herne  
Herne / 14.03.2010

Detailed evaluation

seiffert, bernd

Club: wt-soest  
Number: 20545

Course: 20.00 km  
Nordic Walking

Total time: 2:49:46

Speed: 7.07 km/h

metres in height up: 300  
Course score: 24.50

performance score: 173 Points