



5. Walk in Herne  
Herne / 14.03.2010

## Detailed evaluation

Pauly, Manfred

Club: [www.jogmap.de](http://www.jogmap.de)

Number: 20504

Course: 20.00 km

Nordic Walking

Total time: 3:01:14

Speed: 6.62 km/h

metres in height up: 300

Course score: 24.50

performance score: 162 Points