



## 6. Walk in Herne

Herne / 27.03.2011

### Detailed evaluation

**Sems, Michael**

Club: Knappschafts -Team

Number: 13592

Course: 13.00 km

Nordic Walking

Total time: 2:00:17

Speed: 6.48 km/h

metres in height up: 180

Course score: 15.70

performance score: 102 Points