



## 6. Walk in Herne

Herne / 27.03.2011

### Detailed evaluation

Lüno, Ralf

Club: Nordic Bears

Number: 20550

Course: 20.00 km

Nordic Walking

Total time: 2:30:34

Speed: 7.97 km/h

metres in height up: 300

Course score: 24.50

performance score: 195 Points