



7. Walk in Herne
Herne-Sodingen / 18.03.2012

Detailed evaluation

Frohwerk, Rosi

Club: Sendener Walking-Mäuse
Number: 5518

Course: 5.00 km
Nordic Walking

Total time: 50:41

Speed: 5.92 km/h

metres in height up: 99
Course score: 6.49

performance score: 38 Points