



7. Walk in Herne
Herne-Sodingen / 18.03.2012

Detailed evaluation

Rödiger, Frank

Club: Ruhrpott Walking Oberhausen
Number: 5535

Course: 5.00 km
Nordic Walking

Total time: 52:07

Speed: 5.76 km/h

metres in height up: 99
Course score: 6.49

performance score: 37 Points