



7. Walk in Herne
Herne-Sodingen / 18.03.2012

Detailed evaluation

Lenschow, Sylvia

Club: TV Friesen Telgte

Number: 13030

Course: 13.00 km

Walking

Total time: 1:52:16

Speed: 6.95 km/h

metres in height up: 180

Course score: 15.70

performance score: 109 Points