



7. Walk in Herne  
Herne-Sodingen / 18.03.2012

Detailed evaluation

Freisfeld, Nicole

Club: Lauftreff Herbede  
Number: 13637

Course: 13.00 km  
Nordic Walking

Total time: 1:47:50

Speed: 7.23 km/h

metres in height up: 180  
Course score: 15.70

performance score: 114 Points