



7. Walk in Herne  
Herne-Sodingen / 18.03.2012

Detailed evaluation

Pflugrad, Thomas

Club: AS Neukirchen-Vluyn

Number: 13552

Course: 13.00 km

Nordic Walking

Total time: 1:50:37

Speed: 7.05 km/h

metres in height up: 180

Course score: 15.70

performance score: 111 Points