



7. Walk in Herne  
Herne-Sodingen / 18.03.2012

Detailed evaluation

Hensel, Ilona

Club: Post SV Buer  
Number: 13593

Course: 13.00 km  
Nordic Walking

Total time: 1:51:57

Speed: 6.97 km/h

metres in height up: 180  
Course score: 15.70

performance score: 109 Points