



7. Walk in Herne
Herne-Sodingen / 18.03.2012

Detailed evaluation

Bastert, Frank

Club: LSF-Unna-2000
Number: 20509

Course: 20.00 km
Nordic Walking

Total time: 2:15:14

Speed: 8.87 km/h

metres in height up: 300
Course score: 24.50

performance score: 217 Points