



7. Walk in Herne
Herne-Sodingen / 18.03.2012

Detailed evaluation

Kose, Rüdiger

Club: Skiclub Schwerte
Number: 20516

Course: 20.00 km
Nordic Walking

Total time: 2:28:54

Speed: 8.06 km/h

metres in height up: 300
Course score: 24.50

performance score: 197 Points