



7. Walk in Herne
Herne-Sodingen / 18.03.2012

Detailed evaluation

Lalk, Elke

Club: TuS Falke Berlebeck
Number: 20504

Course: 20.00 km
Nordic Walking

Total time: 2:30:24

Speed: 7.98 km/h

metres in height up: 300
Course score: 24.50

performance score: 196 Points