



7. Walk in Herne  
Herne-Sodingen / 18.03.2012

Detailed evaluation

Gwosdek, Wolfgang

Club: Neukirchen-Vluyn

Number: 20550

Course: 20.00 km

Nordic Walking

Total time: 2:50:03

Speed: 7.06 km/h

metres in height up: 300

Course score: 24.50

performance score: 173 Points