



7. Walk in Herne
Herne-Sodingen / 18.03.2012

Detailed evaluation

Seiffert, Bernd

Club: wt-soest
Number: 20515

Course: 20.00 km
Nordic Walking

Total time: 3:06:45

Speed: 6.43 km/h

metres in height up: 300
Course score: 24.50

performance score: 158 Points