



7. Walk in Herne  
Herne-Sodingen / 18.03.2012

Detailed evaluation

Förster, Friedrich

Club: Skigemeinschaft Ennepetal  
Number: 5536

Course: 5.00 km  
Nordic Walking

Total time: 46:16

Speed: 6.48 km/h

metres in height up: 99  
Course score: 6.49

performance score: 42 Points