



10. Nordic-Walking-Tag in Bad Berka

Bad Berka / 28.04.2012

Detailed evaluation

Messerschmidt, Lothar

Club: Ruhla
Number: 158

Course: 15.40 km
Kohlgrund-Walk

Total time: 2:09:22

Speed: 6.96 km/h

metres in height up: 282
Course score: 19.23

performance score: 140 Points