



# 10. Nordic-Walking-Tag in Bad Berka

Bad Berka / 28.04.2012

## Detailed evaluation

Lammert, Asuke

Club: Kranichfeld

Number: 153

Course: 15.40 km

Kohlgrund-Walk

Total time: 2:12:50

Speed: 6.78 km/h

metres in height up: 282

Course score: 19.23

performance score: 137 Points