



8. Walk in Herne  
Herne-Sodingen / 17.03.2013

Detailed evaluation

Ruschel, Elke

Club: DJK Adler 07 Laufftreff  
Number: 13073

Course: 13.50 km

Walking

Total time: 1:42:56

Speed: 7.58 km/h

metres in height up: 180  
Course score: 15.70

performance score: 127 Points