



8. Walk in Herne  
Herne-Sodingen / 17.03.2013

Detailed evaluation

Heinze, Ralf

Club: Sickingmühler SV  
Number: 13513

Course: 13.50 km  
Nordic Walking

Total time: 1:36:25

Speed: 8.09 km/h

metres in height up: 180  
Course score: 15.70

performance score: 136 Points