



8. Walk in Herne
Herne-Sodingen / 17.03.2013

Detailed evaluation

Bastert, Frank

Club: LSF-Unna-2000

Number: 20501

Course: 20.00 km

Nordic Walking

Total time: 2:14:42

Speed: 8.91 km/h

metres in height up: 300

Course score: 24.50

performance score: 218 Points