



8. Walk in Herne  
Herne-Sodingen / 17.03.2013

Detailed evaluation

**Pleiss, Michael**

Club: Post SV Buer  
Number: 13533

Course: 13.50 km  
Nordic Walking

Total time: 2:03:44

Speed: 6.30 km/h

metres in height up: 180  
Course score: 15.70

performance score: 106 Points