



8. Walk in Herne  
Herne-Sodingen / 17.03.2013

Detailed evaluation

Maas, Silke

Club: Frisch auf Altenbochum  
Number: 13581

Course: 13.50 km  
Nordic Walking

Total time: 2:10:33

Speed: 5.97 km/h

metres in height up: 180  
Course score: 15.70

performance score: 100 Points