



8. Walk in Herne
Herne-Sodingen / 17.03.2013

Detailed evaluation

Kose, Rüdiger

Club: Skiclub Schwerte
Number: 20510

Course: 20.00 km
Nordic Walking

Total time: 2:34:09

Speed: 7.78 km/h

metres in height up: 300
Course score: 24.50

performance score: 191 Points