



8. Walk in Herne  
Herne-Sodingen / 17.03.2013

Detailed evaluation

Seiffert, Bernd

Club: wt-soest  
Number: 20521

Course: 20.00 km  
Nordic Walking

Total time: 2:34:50

Speed: 7.75 km/h

metres in height up: 300  
Course score: 24.50

performance score: 190 Points