



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