



8. Walk in Herne

Herne-Sodingen / 17.03.2013

Detailed evaluation

Lappe, Rolf

Club: AS Neukirchen-Vluyn

Number: 20512

Course: 20.00 km

Nordic Walking

Total time: 2:48:20

Speed: 7.13 km/h

metres in height up: 300

Course score: 24.50

performance score: 175 Points