



9. Walk in Herne 2014
Herne-Sodingen / 23.03.2014

Detailed evaluation

Paulus, Silke

Club: Castrop-Rauxel

Number: 5582

Course: 5.50 km

Akademie Nordic Walk

Total time: 51:19

Speed: 5.85 km/h

metres in height up: 99

Course score: 6.49

performance score: 45 Points