



9. Walk in Herne 2014  
Herne-Sodingen / 23.03.2014

Detailed evaluation

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Club: Lauffreunde Vlatten/Köln  
Number: 13049

Course: 13.50 km  
Gysenberg Walk

Total time: 1:40:04

Speed: 7.79 km/h

metres in height up: 180  
Course score: 15.70

performance score: 131 Points