



9. Walk in Herne 2014  
Herne-Sodingen / 23.03.2014

Detailed evaluation

Kose, Rüdiger

Club: Skiclub Schwerte  
Number: 13533

Course: 13.50 km  
Gysenberg Nordic Walk

Total time: 1:44:03

Speed: 7.78 km/h

metres in height up: 180  
Course score: 15.70

performance score: 126 Points