



9. Walk in Herne 2014  
Herne-Sodingen / 23.03.2014

Detailed evaluation

Freisfeld, Nicole

Club: Lauftreff Herbede  
Number: 13641

Course: 13.50 km  
Gysenberg Nordic Walk

Total time: 1:53:04

Speed: 6.90 km/h

metres in height up: 180  
Course score: 15.70

performance score: 116 Points