



9. Walk in Herne 2014  
Herne-Sodingen / 23.03.2014

Detailed evaluation

Gnaß, Christian

Total time: 2:04:28

Club: Nordic Walking-Treff Haumannplatz, Essen  
Number: 13502

Speed: 6.27 km/h

Course: 13.50 km

metres in height up: 180  
Course score: 15.70

Gysenberg Nordic Walk

performance score: 105 Points