



9. Walk in Herne 2014
Herne-Sodingen / 23.03.2014

Detailed evaluation

Herweg, Rudolf

Club: LT Siebengebirge

Number: 20510

Course: 20.00 km

Herner Nordic Walk

Total time: 2:32:06

Speed: 7.89 km/h

metres in height up: 300

Course score: 24.50

performance score: 193 Points