



9. Walk in Herne 2014
Herne-Sodingen / 23.03.2014

Detailed evaluation

Seiffert, Bernd

Club: wt-Soest
Number: 20517

Course: 20.00 km
Herner Nordic Walk

Total time: 2:37:34

Speed: 7.62 km/h

metres in height up: 300
Course score: 24.50

performance score: 187 Points