



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