



9. Walk in Herne 2014
Herne-Sodingen / 23.03.2014

Detailed evaluation

Lappe, Rolf

Club: AS Neukirchen-Vluyn

Number: 20515

Course: 20.00 km

Herner Nordic Walk

Total time: 2:41:31

Speed: 7.43 km/h

metres in height up: 300

Course score: 24.50

performance score: 182 Points