



9. Walk in Herne 2014
Herne-Sodingen / 23.03.2014

Detailed evaluation

Bastert, Frank

Club: LSF-Unna-2000

Number: 20543

Course: 20.00 km

Herner Nordic Walk

Total time: 2:46:39

Speed: 7.20 km/h

metres in height up: 300

Course score: 24.50

performance score: 176 Points