



9. Walk in Herne 2014  
Herne-Sodingen / 23.03.2014

Detailed evaluation

Gommen, Bernd

Club: Nordic Walking Hobbygruppe Ahlen  
Number: 5519

Course: 5.50 km

Akademie Nordic Walk

Total time: 42:56

Speed: 6.99 km/h

metres in height up: 99

Course score: 6.49

performance score: 54 Points