



10.Walk in Herne
Herne-Sodingen / 22.03.2015

Detailed evaluation

Lenschow, Sylvia

Club: TV Friesen Telgte
Number: 21035

Course: 21.00 km

Langstrecke Walking

Total time: 2:39:49

Speed: 7.88 km/h

metres in height up: 360

Course score: 26.40

performance score: 208 Points