



10.Walk in Herne  
Herne-Sodingen / 22.03.2015

## Detailed evaluation

**Seiffert, Bernd**

Club: wt-soest  
Number: 21523

Course: 21.00 km  
Langstrecke Nordic Walking

Total time: 2:47:52

Speed: 7.51 km/h

metres in height up: 360  
Course score: 26.40

performance score: 198 Points