



10.Walk in Herne
Herne-Sodingen / 22.03.2015

Detailed evaluation

LSF-NW-1

Total time: 2:41:25

Speed: 7.81 km/h

Number: 37501

Course: 21.00 km

Course score: 21.00

Staffel Nordic Walking

performance score: 164 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Akademie Mont-Cenis	0	0	2015-	00:00	00:00
Akademie Mont-Cenis	7.0	7.0	2015-	00:53	00:53
Akademie Mont-Cenis	14.0	7.0	2015-	01:50	00:57
Akademie Mont-Cenis	21.0	7.0	2015-	02:41	00:51