



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

**Mastria, Silvana**

Club: Herne  
Number: 5533

Course: 5.00 km  
Kurzstrecke Nordic Walking

Total time: 50:47

Speed: 5.91 km/h

metres in height up: 100  
Course score: 6.50  
performance score: 38 Points