



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

Appenrodt, Marion

Club: AS Neukirchen-Vluyn

Number: 5503

Course: 5.00 km

Kurzstrecke Nordic Walking

Total time: 52:31

Speed: 5.71 km/h

metres in height up: 100

Course score: 6.50

performance score: 37 Points