



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

Heidi, Kasper

Club: GSL Benninghausen  
Number: 5520

Course: 5.00 km  
Kurzstrecke Nordic Walking

Total time: 59:28

Speed: 5.04 km/h

metres in height up: 100  
Course score: 6.50

performance score: 33 Points