



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

Karola, Edler

Club: GSL Benninghausen

Number: 5523

Course: 5.00 km

Kurzstrecke Nordic Walking

Total time: 1:28:30

Speed: 3.39 km/h

metres in height up: 100

Course score: 6.50

performance score: 22 Points