



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

**Cyrus, Bettina**

Club: Laufftreff e.V. Recklinghausen  
Number: 14509

Course: 14.00 km  
Mittelstrecke Nordic Walking

Total time: 1:48:42

Speed: 7.73 km/h

metres in height up: 240  
Course score: 17.60

performance score: 136 Points