



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

Gamon, Birgit

Club: NW Werl

Number: 14515

Course: 14.00 km

Mittelstrecke Nordic Walking

Total time: 1:51:33

Speed: 7.53 km/h

metres in height up: 240

Course score: 17.60

performance score: 133 Points