



11. Walk in Herne
Herne-Sodingen / 09.10.2016

Detailed evaluation

Groll, Frank

Club: Wt-Soest
Number: 21508

Course: 21.00 km
Langstrecke Nordic Walking

Total time: 2:21:00

Speed: 8.94 km/h

metres in height up: 360
Course score: 26.40

performance score: 236 Points