



11. Walk in Herne
Herne-Sodingen / 09.10.2016

Detailed evaluation

Heinen, Martin

Club: AS Neukirchen-Vluyn

Number: 21509

Course: 21.00 km

Langstrecke Nordic Walking

Total time: 2:45:54

Speed: 7.59 km/h

metres in height up: 360

Course score: 26.40

performance score: 200 Points