



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

Pflugrad, Thomas

Club: AS Neukirchen-Vluyn

Number: 21519

Course: 21.00 km

Langstrecke Nordic Walking

Total time: 2:50:08

Speed: 7.41 km/h

metres in height up: 360

Course score: 26.40

performance score: 196 Points