



11. Walk in Herne
Herne-Sodingen / 09.10.2016

Detailed evaluation

Seiffert, Bernd

Club: Wt-Soest
Number: 21520

Course: 21.00 km
Langstrecke Nordic Walking

Total time: 2:50:09

Speed: 7.41 km/h

metres in height up: 360
Course score: 26.40

performance score: 196 Points