



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

Beier, Rudolf

Club: Distel Walker  
Number: 21501

Course: 21.00 km  
Langstrecke Nordic Walking

Total time: 2:57:30

Speed: 7.10 km/h

metres in height up: 360  
Course score: 26.40

performance score: 187 Points