



11. Walk in Herne
Herne-Sodingen / 09.10.2016

Detailed evaluation

Gommen, Bernd

Club: Nordic Walking Hobbygruppe Ahlen
Number: 5514

Course: 5.00 km

Kurzstrecke Nordic Walking

Total time: 39:38

Speed: 7.57 km/h

metres in height up: 100

Course score: 6.50

performance score: 49 Points