



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

**Bongers, Karina**

Club: Bauverein Sodingen  
Number: 5003

Course: 5.00 km  
Kurzstrecke Walking

Total time: 45:41

Speed: 6.57 km/h

metres in height up: 100  
Course score: 6.50

performance score: 43 Points