



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

**Sparla, Birgit**

Club: Nordic Walking Hobbygruppe Ahlen  
Number: 5546

Course: 5.00 km

Kurzstrecke Nordic Walking

Total time: 42:54

Speed: 6.99 km/h

metres in height up: 100

Course score: 6.50

performance score: 45 Points