



11. Walk in Herne  
Herne-Sodingen / 09.10.2016

Detailed evaluation

**Martin, Schade**

Club: GSL Benninghausen  
Number: 5532

Course: 5.00 km  
Kurzstrecke Nordic Walking

Total time: 44:12

Speed: 6.79 km/h

metres in height up: 100  
Course score: 6.50

performance score: 44 Points