



12.Walk in Herne  
Herne-Sodingen / 15.10.2017

Detailed evaluation

Lahme, Frank

Club: Essen

Number: 21011

Course: 21.00 km

Langstrecke Walking

Total time: 3:05:02

Speed: 6.81 km/h

metres in height up: 360

Course score: 26.40

performance score: 180 Points