



16. Rennsteig-Querung  
Pummpälz-Region / 30.06.2019

Detailed evaluation

Rischow, Sabine

Club: Team ERDINGER Alkoholfrei  
Number: 388

Course: 21.09 km  
Halbmarathon (NordicWalking)

Total time: 3:16:30

Speed: 6.41 km/h

metres in height up: 675  
Course score: 31.13

performance score: 289 Points