



## 4. Walking Day am Möhnesee Möhnesee-Körbecke / 13.06.2009

### Detailed evaluation

**Bierfreund, Heinz-Theo**

Club: TV Flerke/ Welper  
Number: 548

Course: 10.00 km  
Nordic Walking

Total time: 1:17:49

Speed: 7.71 km/h

metres in height up: 167  
Course score: 12.51

performance score: 96 Points