



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

### Detailed evaluation

**Rattay-Albers, Rolf**

Club: GO-FITNESS ESSEN

Number: 648

Course: 10.00 km

Nordic Walking

Total time: 1:23:16

Speed: 7.21 km/h

metres in height up: 167

Course score: 12.51

performance score: 90 Points