



4. Walking Day am Möhnesee

Möhnesee-Körbecke / 13.06.2009

Detailed evaluation

Kose, Rüdiger

Club: Skiclub Schwerte

Number: 189

Course: 15.00 km

Nordic Walking

Total time: 1:49:19

Speed: 8.23 km/h

metres in height up: 143

Course score: 17.15

performance score: 141 Points