



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

### Detailed evaluation

Steinbrecher, Heinz

Club: DJK Eintracht Luedenscheid  
Number: 141

Course: 15.00 km  
Nordic Walking

Total time: 1:50:05

Speed: 8.18 km/h

metres in height up: 143  
Course score: 17.15

performance score: 140 Points