



4. Walking Day am Möhnesee Möhnesee-Körbecke / 13.06.2009

Detailed evaluation

Lenzko, Ilona

Club: Gehörlosen Walkingtreff Essen

Number: 171

Course: 15.00 km

Nordic Walking

Total time: 1:56:25

Speed: 7.73 km/h

metres in height up: 143

Course score: 17.15

performance score: 133 Points