



4. Walking Day am Möhnesee Möhnesee-Körbecke / 13.06.2009

Detailed evaluation

Lhoest, Karl-Heinz

Club: Mülheim

Number: 216

Course: 15.00 km

Nordic Walking

Total time: 2:09:51

Speed: 6.93 km/h

metres in height up: 143

Course score: 17.15

performance score: 119 Points