



4. Walking Day am Möhnesee Möhnesee-Körbecke / 13.06.2009

Detailed evaluation

Illmer, Carsten

Club: Intersport Arndt

Number: 434

Course: 10.00 km

Nordic Walking

Total time: 1:09:24

Speed: 8.65 km/h

metres in height up: 167

Course score: 12.51

performance score: 108 Points