



5. Walking-Day am Möhnesee
Möhnesee-Körbecke / 05.06.2010

Detailed evaluation

Sapsford, Donald

Club: Viermärker Dortmund
Number: 1156

Course: 16.60 km

Möhne-Reha-Lauf (Walking)

Total time: 1:56:04

Speed: 8.27 km/h

metres in height up: 262

Course score: 19.93

performance score: 176 Points