



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

Detailed evaluation

**Sgundek, Dirk**

Club: Diemel Walker Warburg

Number: 1116

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 1:56:38

Speed: 8.23 km/h

metres in height up: 262

Course score: 19.93

performance score: 175 Points