



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

Detailed evaluation

Rehms-Westerfeld, Helga

Club: WT Soest

Number: 694

Course: 12.00 km

Intersport-Arndt-Lauf (Nordic Walking)

Total time: 1:49:09

Speed: 6.60 km/h

metres in height up: 218

Course score: 15.27

performance score: 101 Points