



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

Detailed evaluation

Kose, Rüdiger

Club: Skiclub Schwerte

Number: 140

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 1:58:06

Speed: 8.43 km/h

metres in height up: 262

Course score: 19.93

performance score: 173 Points