



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

Detailed evaluation

Hölting, Karl-Heinz

Club: Alte Beckumer Stadtwache  
Number: 1080

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:18:06

Speed: 6.95 km/h

metres in height up: 262  
Course score: 19.93

performance score: 148 Points