



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

Detailed evaluation

Rödig, Silke

Club: Ski-Klub-Soest

Number: 160

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:23:21

Speed: 6.95 km/h

metres in height up: 262

Course score: 19.93

performance score: 143 Points