



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

Detailed evaluation

Kampmann, Thomas

Club: Nordic-Fitness Bochum
Number: 117

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:23:32

Speed: 6.69 km/h

metres in height up: 262
Course score: 19.93

performance score: 142 Points