



6. Walking Day am Möhnesee Möhnesee-Körbecke / 04.06.2011

Detailed evaluation

Kose, Rüdiger

Club: Ski-Club Schwerte

Number: 18095

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:00:00

Speed: 8.00 km/h

metres in height up: 262

Course score: 19.93

performance score: 170 Points