



1. DJK Walking-Day
Lünen Brambauer / 18.06.2011

Detailed evaluation

Lange, Friedhelm

Club: TLV Rünthe
Number: 10116

Course: 10.00 km
Nordic Walking 10 km

Total time: 1:41:10

Speed: 5.93 km/h

metres in height up: 94
Course score: 11.41
performance score: 68 Points