



1. DJK Walking-Day  
Lünen Brambauer / 18.06.2011

Detailed evaluation

Kose, Rüdiger

Club: Ski Club Schwerte  
Number: 18129

Course: 18.00 km  
Nordic Walking 18 km

Total time: 2:07:56

Speed: 8.44 km/h

metres in height up: 118  
Course score: 19.77

performance score: 167 Points