



1. DJK Walking-Day  
Lünen Brambauer / 18.06.2011

Detailed evaluation

Gies, Christel

Club: BSG Delphi/Draka  
Number: 18112

Course: 18.00 km  
Nordic Walking 18 km

Total time: 2:31:36

Speed: 7.12 km/h

metres in height up: 118  
Course score: 19.77

performance score: 141 Points