



1. DJK Walking-Day
Lünen Brambauer / 18.06.2011

Detailed evaluation

Gommen, Bernd

Club: Nordic Walking Hobbygruppe Ahlen
Number: 5121

Course: 5.00 km
Nordic Walking 5 km

Total time: 36:39

Speed: 8.19 km/h

metres in height up: 47
Course score: 5.71

performance score: 47 Points