



1. DJK Walking-Day
Lünen Brambauer / 18.06.2011

Detailed evaluation

Heinze, Ralf

Club: Sickingmühler SV
Number: 10150

Course: 10.00 km
Nordic Walking 10 km

Total time: 1:09:25

Speed: 8.64 km/h

metres in height up: 94
Course score: 11.41

performance score: 99 Points