



2. DJK Walking-Day
Lünen-Brambauer / 16.06.2012

Detailed evaluation

Ruhrmann, Ingrid

Club: TV-Mengede 1890 e.V.

Number: 10110

Course: 10.00 km

10 km Nordic Walking

Total time: 1:32:05

Speed: 6.52 km/h

metres in height up: 94

Course score: 11.41

performance score: 74 Points