



# 11. Bad Berkaer Nordic-Walking-Tag

Bad Berka / 27.04.2013

## Detailed evaluation

Helm, Frank

Club: Mühltauf - Verein Eisenberg / Thür. e.V.  
Number: 64

Course: 9.30 km

Kneipp-Walk

Total time: 1:19:41

Speed: 6.78 km/h

metres in height up: 220

Course score: 12.30

performance score: 88 Points