



8. Walking Day am Möhnesee Möhnesee-Körbecke / 01.06.2013

Detailed evaluation

Freisfeld, Nicole

Club: Lauftreff Herbede
Number: 12094

Course: 12.00 km

Intersport-Arndt-Lauf (Nordic Walking)

Total time: 1:37:03

Speed: 7.42 km/h

metres in height up: 218
Course score: 15.27

performance score: 113 Points