



## 8. Walking Day am Möhnesee Möhnesee-Körbecke / 01.06.2013

### Detailed evaluation

**Emming, Ruth**

Club: Laufteam Gescher  
Number: 12038

Course: 12.00 km

Intersport-Arndt-Lauf (Nordic Walking)

Total time: 1:42:54

Speed: 7.00 km/h

metres in height up: 218

Course score: 15.27

performance score: 107 Points