



8. Walking Day am Möhnesee  
Möhnesee-Körbecke / 01.06.2013

Detailed evaluation

Pflugrad, Thomas

Club: AS Neukirchen-Vluyn

Number: 16047

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:14:11

Speed: 7.15 km/h

metres in height up: 262

Course score: 19.93

performance score: 152 Points