



8. Walking Day am Möhnesee Möhnesee-Körbecke / 01.06.2013

Detailed evaluation

Seifert, Susanne

Club: LiVe Laufftreff in Versmold
Number: 16050

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:17:20

Speed: 6.99 km/h

metres in height up: 262

Course score: 19.93

performance score: 149 Points