



### 3. DJK Walking-Day Lünen-Brambauer

Lünen-Brambauer / 30.06.2013

#### Detailed evaluation

Heimann, Michael

Club: LSF-Unna-2000

Number: 11115

Course: 11.00 km

11 km Nordic Walking

Total time: 1:19:08

Speed: 8.34 km/h

metres in height up: 243

Course score: 14.65

performance score: 117 Points