



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

Lünen-Brambauer / 30.06.2013

#### Detailed evaluation

Hansen-Röhe, Helmut

Club: Team NRW

Number: 21104

Course: 21.00 km

21 km Nordic Walking

Total time: 2:32:03

Speed: 8.29 km/h

metres in height up: 486

Course score: 28.29

performance score: 224 Points