



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

Lünen-Brambauer / 30.06.2013

#### Detailed evaluation

**Arnold, Frank**

Club: Iserlohn

Number: 21116

Course: 21.00 km

21 km Nordic Walking

Total time: 2:34:09

Speed: 8.17 km/h

metres in height up: 486

Course score: 28.29

performance score: 221 Points