



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

Lünen-Brambauer / 30.06.2013

#### Detailed evaluation

**Nachtigall, Heike**

Club: Stadt Bochum Walking-Team

Number: 5111

Course: 5.00 km

5 km Nordic Walking

Total time: 45:34

Speed: 6.58 km/h

metres in height up: 84

Course score: 6.26

performance score: 40 Points