



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

Lünen-Brambauer / 30.06.2013

#### Detailed evaluation

**Bastert, Frank**

Club: LSF-Unna-2000

Number: 11151

Course: 11.00 km

11 km Nordic Walking

Total time: 1:09:51

Speed: 9.45 km/h

metres in height up: 243

Course score: 14.65

performance score: 132 Points