



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

Lünen-Brambauer / 30.06.2013

#### Detailed evaluation

**Heinze, Ralf**

Club: Sickingmühler SV

Number: 11134

Course: 11.00 km

11 km Nordic Walking

Total time: 1:15:31

Speed: 8.74 km/h

metres in height up: 243

Course score: 14.65

performance score: 122 Points