



## 9. Walking Day am Möhnesee Möhnesee-Körbecke / 31.05.2014

### Detailed evaluation

Lieske, Heidrun

Club: TV Flerke  
Number: 12155

Course: 12.00 km

Intersport-Arndt-Lauf (Nordic Walking)

Total time: 1:37:24

Speed: 7.39 km/h

metres in height up: 218  
Course score: 15.27

performance score: 113 Points