



9. Walking Day am Möhnesee  
Möhnesee-Körbecke / 31.05.2014

Detailed evaluation

**Bastert, Frank**

Club: LSF-Unna-2000

Number: 16147

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:16:09

Speed: 7.32 km/h

metres in height up: 262

Course score: 19.93

performance score: 150 Points