



4. DJK Walking-Day  
Lünen-Brambauer / 29.06.2014

Detailed evaluation

Luhmann, Mechthild

Club: Post SV Unna  
Number: 11106

Course: 11.00 km  
11 km Nordic Walking

Total time: 1:21:00

Speed: 8.15 km/h

metres in height up: 243  
Course score: 14.65

performance score: 114 Points