



4. DJK Walking-Day  
Lünen-Brambauer / 29.06.2014

Detailed evaluation

Fresfeld, Nicole

Club: Laufftreff Herbede  
Number: 11150

Course: 11.00 km  
11 km Nordic Walking

Total time: 1:28:04

Speed: 7.49 km/h

metres in height up: 243  
Course score: 14.65

performance score: 105 Points