



4. DJK Walking-Day
Lünen-Brambauer / 29.06.2014

Detailed evaluation

Knott, Elke

Club: Ascheberg
Number: 11100

Course: 11.00 km
11 km Nordic Walking

Total time: 1:30:15

Speed: 7.31 km/h

metres in height up: 243
Course score: 14.65

performance score: 102 Points