



4. DJK Walking-Day  
Lünen-Brambauer / 29.06.2014

Detailed evaluation

Knott, Karl-Heinz

Club: Ascheberg

Number: 11107

Course: 11.00 km

11 km Nordic Walking

Total time: 1:32:10

Speed: 7.16 km/h

metres in height up: 243

Course score: 14.65

performance score: 100 Points