



4. DJK Walking-Day  
Lünen-Brambauer / 29.06.2014

Detailed evaluation

Herweg, Rudolf

Club: LT Siebengebirge

Number: 21119

Course: 21.00 km

21 km Nordic Walking

Total time: 2:42:11

Speed: 7.77 km/h

metres in height up: 486

Course score: 28.29

performance score: 210 Points