



4. DJK Walking-Day
Lünen-Brambauer / 29.06.2014

Detailed evaluation

Arnold, Frank

Club: Iserlohn
Number: 21104

Course: 21.00 km
21 km Nordic Walking

Total time: 2:46:27

Speed: 7.57 km/h

metres in height up: 486
Course score: 28.29

performance score: 205 Points