



4. DJK Walking-Day
Lünen-Brambauer / 29.06.2014

Detailed evaluation

Pflugrad, Thomas

Club: AS Neukirchen-Vluyn

Number: 21127

Course: 21.00 km

21 km Nordic Walking

Total time: 2:57:06

Speed: 7.11 km/h

metres in height up: 486

Course score: 28.29

performance score: 192 Points