



4. DJK Walking-Day
Lünen-Brambauer / 29.06.2014

Detailed evaluation

Gommen, Bernd

Club: Nordic Walking Hobbygruppe Ahlen
Number: 5110

Course: 5.00 km
5 km Nordic Walking

Total time: 38:41

Speed: 7.76 km/h

metres in height up: 84
Course score: 6.26

performance score: 48 Points