



4. DJK Walking-Day
Lünen-Brambauer / 29.06.2014

Detailed evaluation

Heimann, Michael

Club: LSF-Unna-2000

Number: 11111

Course: 11.00 km

11 km Nordic Walking

Total time: 1:18:43

Speed: 8.38 km/h

metres in height up: 243

Course score: 14.65

performance score: 117 Points