



10. Walking Day am Mönnesee
Mönnesee-Körbecke / 30.05.2015

Detailed evaluation

Frevel, Andreas

Club: Wilnsdorf - Rinsdorf
Number: 16073

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 1:49:47

Speed: 8.74 km/h

metres in height up: 262
Course score: 19.93

performance score: 186 Points