



10. Walking Day am Mönnesee
Mönnesee-Körbecke / 30.05.2015

Detailed evaluation

Seifert, Susanne

Club: LiVe - Lauffreife in Versmold
Number: 12004

Course: 12.00 km

Intersport-Arndt-Lauf (Nordic Walking)

Total time: 1:44:02

Speed: 6.92 km/h

metres in height up: 218
Course score: 15.27

performance score: 106 Points