



10. Walking Day am Mönnesee
Mönnesee-Körbecke / 30.05.2015

Detailed evaluation

Sowa, Silke

Club: Plettenberg

Number: 16010

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:17:51

Speed: 6.96 km/h

metres in height up: 262

Course score: 19.93

performance score: 148 Points