



# 11. Walking Day am Mönnesee

Mönnesee-Körbecke / 04.06.2016

## Detailed evaluation

Alter, Michael

Club: LiVe - Lauffreife in Versmold  
Number: 16510

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:01:00

Speed: 7.93 km/h

metres in height up: 262  
Course score: 19.93

performance score: 169 Points