



11. Walking Day am Mönnesee  
Mönnesee-Körbecke / 04.06.2016

Detailed evaluation

Sennekamp, Alfons

Club: SV Herbern Laufftreff  
Number: 16507

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:05:10

Speed: 7.67 km/h

metres in height up: 262  
Course score: 19.93

performance score: 163 Points