



11. Walking Day am Mönnesee

Mönnesee-Körbecke / 04.06.2016

Detailed evaluation

Pflugrad, Thomas

Club: AS Neukirchen-Vluyn

Number: 16518

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:14:33

Speed: 7.13 km/h

metres in height up: 262

Course score: 19.93

performance score: 152 Points