



11. Walking Day am Möhnensee  
Möhnensee-Körbecke / 04.06.2016

Detailed evaluation

Seiffert, Bernd

Club: WT Soest  
Number: 16521

Course: 16.60 km

Bau-Wapelhorst-Lauf (Nordic Walking)

Total time: 2:16:21

Speed: 7.04 km/h

metres in height up: 262  
Course score: 19.93

performance score: 150 Points