



11. Walking Day am Mönnesee

Mönnesee-Körbecke / 04.06.2016

Detailed evaluation

Sparla, Birgit

Club: Nordic Walking Hobbygruppe Ahlen
Number: 5504

Course: 4.60 km

FAVORIT-Massivhaus-Lauf (Nordic Walking)

Total time: 38:30

Speed: 6.23 km/h

metres in height up: 42

Course score: 4.63

performance score: 37 Points