



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Gerlach, Udo

Club: TLV Rünthe
Number: 217

Course: 10.00 km
10 km Nordic Walking

Total time: 1:14:07

Speed: 8.10 km/h

metres in height up: 69
Course score: 11.04

performance score: 89 Points