



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

**Niggemann, Theo**

Club: TLV Rünthe  
Number: 226

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:17:19

Speed: 7.76 km/h

metres in height up: 69  
Course score: 11.04

performance score: 86 Points