



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Heitmann, Ernst

Club: Hohe Ward Gazellen/TuS-Hiltrup
Number: 203

Course: 10.00 km
10 km Nordic Walking

Total time: 1:18:00

Speed: 7.69 km/h

metres in height up: 69
Course score: 11.04

performance score: 85 Points