



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Loheider, Hartmut

Club: LG - Malbergen

Number: 212

Course: 10.00 km

10 km Nordic Walking

Total time: 1:18:02

Speed: 7.69 km/h

metres in height up: 69

Course score: 11.04

performance score: 85 Points