



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Grenzow, Christel

Club: LuW Weddinghofen

Number: 115

Course: 10.00 km

10 km Walking

Total time: 1:24:04

Speed: 7.14 km/h

metres in height up: 69

Course score: 11.04

performance score: 79 Points