



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Nass, Elke

Club: Münster
Number: 247

Course: 10.00 km
10 km Nordic Walking

Total time: 1:19:24

Speed: 7.56 km/h

metres in height up: 69
Course score: 11.04

performance score: 83 Points