



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

**Pilo, Waltraud**

Club: TLV Rünthe  
Number: 121

Course: 10.00 km  
10 km Walking

Total time: 1:25:06

Speed: 7.05 km/h

metres in height up: 69  
Course score: 11.04

performance score: 78 Points