



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Hölter, Cornelia

Club: MTV Hattorf

Number: 300

Course: 10.00 km

10 km Nordic Walking

Total time: 1:20:20

Speed: 7.47 km/h

metres in height up: 69

Course score: 11.04

performance score: 82 Points