



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

**Rattay-Albers, Rolf**

Club: 60! Fitness Essen  
Number: 260

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:20:32

Speed: 7.45 km/h

metres in height up: 69  
Course score: 11.04

performance score: 82 Points