



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Spitzenberg, Mechthild

Club: SVD Drensteinfurt
Number: 251

Course: 10.00 km
10 km Nordic Walking

Total time: 1:20:40

Speed: 7.44 km/h

metres in height up: 69
Course score: 11.04

performance score: 82 Points