



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Henkel, Gabi

Club: LVM Münster
Number: 253

Course: 10.00 km
10 km Nordic Walking

Total time: 1:20:46

Speed: 7.43 km/h

metres in height up: 69
Course score: 11.04

performance score: 82 Points