



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Niehaus-Fischer, Ute

Club: TV Flerke

Number: 233

Course: 10.00 km

10 km Nordic Walking

Total time: 1:21:26

Speed: 7.37 km/h

metres in height up: 69

Course score: 11.04

performance score: 81 Points