



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Heinze, Ralf

Club: SSV-Siekingsmühle
Number: 258

Course: 10.00 km
10 km Nordic Walking

Total time: 1:22:54

Speed: 7.24 km/h

metres in height up: 69
Course score: 11.04

performance score: 80 Points