



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Drees, Frank

Club: Koronarsportverein Distel-Walker
Number: 208

Course: 10.00 km
10 km Nordic Walking

Total time: 1:23:40

Speed: 7.17 km/h

metres in height up: 69
Course score: 11.04

performance score: 79 Points