



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Wörmann, Ursula

Club: LVM-Münster
Number: 256

Course: 10.00 km
10 km Nordic Walking

Total time: 1:24:14

Speed: 7.12 km/h

metres in height up: 69
Course score: 11.04

performance score: 79 Points