



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

**Leufke, Conny**

Club: Borussia Darup  
Number: 298

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:24:26

Speed: 7.11 km/h

metres in height up: 69  
Course score: 11.04

performance score: 78 Points