



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

**Koslowski, Siegfried**

Club: Walking Treff Möhnesee  
Number: 236

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:24:30

Speed: 7.10 km/h

metres in height up: 69  
Course score: 11.04

performance score: 78 Points