



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Frehe, Sabine

Club: Ibbenbüren-Laggenbeck
Number: 242

Course: 10.00 km
10 km Nordic Walking

Total time: 1:26:44

Speed: 6.92 km/h

metres in height up: 69
Course score: 11.04

performance score: 76 Points