



5. LSF-Walking Day  
Münster / 20.06.2009

Detailed evaluation

jander, margrit

Club: wt-soest

Number: 237

Course: 10.00 km

10 km Nordic Walking

Total time: 1:28:46

Speed: 6.76 km/h

metres in height up: 69

Course score: 11.04

performance score: 75 Points