



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Hermes, Bettina

Club: LG Halver-Schalksmühle
Number: 213

Course: 10.00 km
10 km Nordic Walking

Total time: 1:28:47

Speed: 6.76 km/h

metres in height up: 69
Course score: 11.04

performance score: 75 Points