



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Zehahla, Simone

Club: Haltern
Number: 261

Course: 10.00 km
10 km Nordic Walking

Total time: 1:36:33

Speed: 6.21 km/h

metres in height up: 69
Course score: 11.04

performance score: 69 Points