



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

**Seibel, Gabriele**

Club: Hagen  
Number: 249

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:37:37

Speed: 6.15 km/h

metres in height up: 69  
Course score: 11.04

performance score: 68 Points