



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Rickert, Birgit

Club: Hagen

Number: 248

Course: 10.00 km

10 km Nordic Walking

Total time: 1:37:38

Speed: 6.15 km/h

metres in height up: 69

Course score: 11.04

performance score: 68 Points