



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Uhlendahl, Michael

Club: Bochum

Number: 250

Course: 10.00 km

10 km Nordic Walking

Total time: 1:38:19

Speed: 6.10 km/h

metres in height up: 69

Course score: 11.04

performance score: 67 Points