



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Glaremin, Alfred

Club: Walking Treff Möhnesee
Number: 333

Course: 20.00 km
20 km Walking

Total time: 2:06:14

Speed: 9.51 km/h

metres in height up: 135
Course score: 22.03

performance score: 209 Points