



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Raffenberg, Michael

Club: TV Gut-Heil 1865 e.V. DO-Aplerbeck
Number: 332

Course: 20.00 km
20 km Walking

Total time: 2:08:39

Speed: 9.33 km/h

metres in height up: 135
Course score: 22.03

performance score: 205 Points