



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Gommen, Bernd

Club: Nordic Walking-Hobbygruppe
Number: 70

Course: 5.00 km
5 km Nordic Walking

Total time: 36:57

Speed: 8.12 km/h

metres in height up: 36
Course score: 5.54

performance score: 45 Points