



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Flassnöcker, Holger

Club: Hohenlimburg

Number: 400

Course: 20.00 km

20 km Walking

Total time: 2:18:28

Speed: 8.67 km/h

metres in height up: 135

Course score: 22.03

performance score: 191 Points