



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

groll, frank

Club: wt-soest

Number: 438

Course: 20.00 km

20 km Nordic Walking

Total time: 2:13:31

Speed: 8.99 km/h

metres in height up: 135

Course score: 22.03

performance score: 198 Points