



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

**Nachtigall, Heike**

Club: Stadt Bochum Walking-Team

Number: 11

Course: 5.00 km

5 km Walking

Total time: 42:50

Speed: 7.00 km/h

metres in height up: 36

Course score: 5.54

performance score: 39 Points