



5. LSF-Walking Day  
Münster / 20.06.2009

Detailed evaluation

kentsch, peter

Club: wt-soest

Number: 439

Course: 20.00 km

20 km Nordic Walking

Total time: 2:14:59

Speed: 8.89 km/h

metres in height up: 135

Course score: 22.03

performance score: 196 Points