



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Bastert, Frank

Club: LSF-Unna-2000

Number: 424

Course: 20.00 km

20 km Nordic Walking

Total time: 2:15:00

Speed: 8.89 km/h

metres in height up: 135

Course score: 22.03

performance score: 196 Points