



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

**Schmitz, Monika**

Club: LSF-Unna-2000

Number: 427

Course: 20.00 km

20 km Nordic Walking

Total time: 2:20:10

Speed: 8.56 km/h

metres in height up: 135

Course score: 22.03

performance score: 189 Points