



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Frauenrath, Claudia

Club: ASV Duisburg

Number: 301

Course: 20.00 km

20 km Nordic Walking

Total time: 2:20:24

Speed: 8.55 km/h

metres in height up: 135

Course score: 22.03

performance score: 188 Points