



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Olk, Hartmut

Club: Koronarsportverein Distel-Walker
Number: 410

Course: 20.00 km
20 km Nordic Walking

Total time: 2:20:57

Speed: 8.51 km/h

metres in height up: 135
Course score: 22.03

performance score: 187 Points