



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Grote, Stefan

Club: LG Halver-Schalksmühle  
Number: 418

Course: 20.00 km  
20 km Nordic Walking

Total time: 2:21:12

Speed: 8.50 km/h

metres in height up: 135  
Course score: 22.03

performance score: 187 Points