



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Steinbrecher, Heinz

Club: DJK Eintracht Luedenscheid
Number: 403

Course: 20.00 km
20 km Nordic Walking

Total time: 2:22:51

Speed: 8.40 km/h

metres in height up: 135
Course score: 22.03

performance score: 185 Points