



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

betz, daniel

Club: wt-soest

Number: 436

Course: 20.00 km

20 km Nordic Walking

Total time: 2:23:45

Speed: 8.35 km/h

metres in height up: 135

Course score: 22.03

performance score: 184 Points