



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Friedrich, Brigitte

Club: LG Halver-Schalksmühle
Number: 415

Course: 20.00 km
20 km Nordic Walking

Total time: 2:23:49

Speed: 8.34 km/h

metres in height up: 135
Course score: 22.03

performance score: 184 Points