



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Kaidat, Donald

Club: TBS-Herne
Number: 434

Course: 20.00 km
20 km Nordic Walking

Total time: 2:25:05

Speed: 8.27 km/h

metres in height up: 135
Course score: 22.03

performance score: 182 Points