



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Kochskämper, Siegfried

Club: Beckum

Number: 445

Course: 20.00 km

20 km Nordic Walking

Total time: 2:25:54

Speed: 8.22 km/h

metres in height up: 135

Course score: 22.03

performance score: 181 Points