



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Heins, Helga

Club: Stadt Bochum Walking-Team
Number: 325

Course: 20.00 km
20 km Walking

Total time: 2:31:32

Speed: 7.92 km/h

metres in height up: 135
Course score: 22.03

performance score: 174 Points