



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