



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Sulk, Elmar

Club: DJK Preußen 1911 Bochum e.V.
Number: 308

Course: 20.00 km
20 km Walking

Total time: 2:32:11

Speed: 7.89 km/h

metres in height up: 135
Course score: 22.03

performance score: 174 Points