



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Ruschel, Elke

Club: Bottrop  
Number: 340

Course: 20.00 km  
20 km Walking

Total time: 2:32:49

Speed: 7.85 km/h

metres in height up: 135  
Course score: 22.03

performance score: 173 Points