



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Lenzko, Ilona

Club: Gehörlosen Walkingtreff Essen
Number: 407

Course: 20.00 km
20 km Nordic Walking

Total time: 2:29:19

Speed: 8.04 km/h

metres in height up: 135
Course score: 22.03

performance score: 177 Points