



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Marmulla, Christian

Club: Westfalia Herne

Number: 435

Course: 20.00 km

20 km Nordic Walking

Total time: 2:30:26

Speed: 7.98 km/h

metres in height up: 135

Course score: 22.03

performance score: 176 Points