



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Czwikla, Karin

Club: TBS-Herne  
Number: 432

Course: 20.00 km  
20 km Nordic Walking

Total time: 2:31:00

Speed: 7.95 km/h

metres in height up: 135  
Course score: 22.03

performance score: 175 Points