



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