



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Roeser, Walburga

Club: Marathon Steinfurt
Number: 428

Course: 20.00 km
20 km Nordic Walking

Total time: 2:31:41

Speed: 7.91 km/h

metres in height up: 135

Course score: 22.03

performance score: 174 Points