



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Malinka, Jürgen

Club: body&soul Billerbeck
Number: 401

Course: 20.00 km
20 km Nordic Walking

Total time: 2:34:44

Speed: 7.76 km/h

metres in height up: 135
Course score: 22.03

performance score: 171 Points