



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Duhnke, Klaus

Club: DJK Preußen 1911 Bochum e.V.
Number: 404

Course: 20.00 km
20 km Nordic Walking

Total time: 2:37:45

Speed: 7.61 km/h

metres in height up: 135
Course score: 22.03

performance score: 168 Points