



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Goncin, Mara

Club: LG Halver-Schalksmühle
Number: 416

Course: 20.00 km
20 km Nordic Walking

Total time: 2:40:46

Speed: 7.46 km/h

metres in height up: 135
Course score: 22.03

performance score: 164 Points