



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Quensel, Peter

Club: EscarGOts Bochum
Number: 451

Course: 20.00 km
20 km Nordic Walking

Total time: 2:42:45

Speed: 7.37 km/h

metres in height up: 135
Course score: 22.03

performance score: 162 Points