



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

schweng, gisela

Club: wt-soest

Number: 442

Course: 20.00 km

20 km Nordic Walking

Total time: 2:45:37

Speed: 7.25 km/h

metres in height up: 135

Course score: 22.03

performance score: 160 Points