



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Lhoest, Karl-Heinz

Club: Mülheim

Number: 446

Course: 20.00 km

20 km Nordic Walking

Total time: 2:48:30

Speed: 7.12 km/h

metres in height up: 135

Course score: 22.03

performance score: 157 Points