



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Gommen-Rechau, Gaby

Club: Nordic Walking-Hobbygruppe

Number: 71

Course: 5.00 km

5 km Nordic Walking

Total time: 41:14

Speed: 7.28 km/h

metres in height up: 36

Course score: 5.54

performance score: 40 Points