



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Holstead, Susen

Club: Walking Treff Möhnesee
Number: 75

Course: 5.00 km
5 km Nordic Walking

Total time: 43:45

Speed: 6.86 km/h

metres in height up: 36
Course score: 5.54

performance score: 38 Points