



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Landwehr, Ruth

Club: DJK Avenwedde
Number: 141

Course: 10.00 km
10 km Walking

Total time: 1:08:42

Speed: 8.73 km/h

metres in height up: 69
Course score: 11.04

performance score: 96 Points