



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Lankhorst, Birgit

Club: FC Schüttorf

Number: 138

Course: 10.00 km

10 km Walking

Total time: 1:09:42

Speed: 8.61 km/h

metres in height up: 69

Course score: 11.04

performance score: 95 Points