



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Luhmann, Gerhard

Club: Post Sportverein Unna  
Number: 254

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:07:58

Speed: 8.83 km/h

metres in height up: 69  
Course score: 11.04

performance score: 97 Points