



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Frühauf, Martin

Club: Dülmen  
Number: 132

Course: 10.00 km  
10 km Walking

Total time: 1:13:52

Speed: 8.12 km/h

metres in height up: 69  
Course score: 11.04

performance score: 90 Points