



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Pohlkamp, Bernhard

Club: Marathon Soest
Number: 262

Course: 10.00 km
10 km Nordic Walking

Total time: 1:10:01

Speed: 8.57 km/h

metres in height up: 69
Course score: 11.04

performance score: 95 Points