



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Volmer, Uli

Club: body&soul Billerbeck
Number: 201

Course: 10.00 km
10 km Nordic Walking

Total time: 1:10:20

Speed: 8.53 km/h

metres in height up: 69
Course score: 11.04

performance score: 94 Points