



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Pilo, Giacomo

Club: TLV Rünthe
Number: 228

Course: 10.00 km
10 km Nordic Walking

Total time: 1:10:19

Speed: 8.53 km/h

metres in height up: 69
Course score: 11.04

performance score: 94 Points