



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

**Gindera, Elke**

Club: Hohe Ward Gazellen/TuS-Hiltrup  
Number: 106

Course: 10.00 km  
10 km Walking

Total time: 1:15:53

Speed: 7.91 km/h

metres in height up: 69  
Course score: 11.04

performance score: 87 Points