



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Luhmann, Mechthild

Club: Post Sportverein Unna
Number: 214

Course: 10.00 km
10 km Nordic Walking

Total time: 1:11:06

Speed: 8.44 km/h

metres in height up: 69
Course score: 11.04

performance score: 93 Points