



5. LSF-Walking Day  
Münster / 20.06.2009

## Detailed evaluation

Lankhorst, Wilma

Club: FC 09 Schüttorf

Number: 140

Course: 10.00 km

10 km Walking

Total time: 1:17:31

Speed: 7.74 km/h

metres in height up: 69

Course score: 11.04

performance score: 85 Points