



5. LSF-Walking Day
Münster / 20.06.2009

Detailed evaluation

Franz, Sabine

Club: LG Halver-Schalksmühle
Number: 263

Course: 10.00 km
10 km Nordic Walking

Total time: 1:13:51

Speed: 8.12 km/h

metres in height up: 69
Course score: 11.04

performance score: 90 Points