



6. LSF-Walking-Day  
Münster / 19.06.2010

Detailed evaluation

Raffenberg, Michael

Club: TV Gut-Heil 1865 e.V. DO-Aplerbeck  
Number: 382

Course: 20.00 km  
20 km Walking

Total time: 2:12:39

Speed: 9.05 km/h

metres in height up: 135  
Course score: 22.03

performance score: 199 Points