



6. LSF-Walking-Day  
Münster / 19.06.2010

Detailed evaluation

Espey, Elke

Club: Nordic Bears  
Number: 203

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:19:00

Speed: 7.59 km/h

metres in height up: 69  
Course score: 11.04

performance score: 84 Points