



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Loheider, Hartmut

Club: LG-Malbergen

Number: 111

Course: 10.00 km

10 km Nordic Walking

Total time: 1:20:57

Speed: 7.41 km/h

metres in height up: 69

Course score: 11.04

performance score: 82 Points