



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

**Niggemann, Theo**

Club: TLV Rünthe  
Number: 148

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:21:39

Speed: 7.35 km/h

metres in height up: 69  
Course score: 11.04

performance score: 81 Points