



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

Wirges, Ilona

Number: 393

Course: 10.00 km

10 km Nordic Walking

Total time: 1:27:56

Speed: 6.82 km/h

metres in height up: 69

Course score: 11.04

performance score: 75 Points