



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

Früh, Georg

Club: Laufteam Gescher  
Number: 152

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:28:08

Speed: 6.81 km/h

metres in height up: 69  
Course score: 11.04

performance score: 75 Points