



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

rehms-westerfeld, helga

Club: wt-soest

Number: 144

Course: 10.00 km

10 km Nordic Walking

Total time: 1:30:15

Speed: 6.65 km/h

metres in height up: 69

Course score: 11.04

performance score: 73 Points