



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Sieger, Heike

Club: Holzwickede
Number: 156

Course: 10.00 km
10 km Nordic Walking

Total time: 1:32:01

Speed: 6.52 km/h

metres in height up: 69
Course score: 11.04

performance score: 72 Points