



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

groll, frank

Club: wt-soest

Number: 304

Course: 20.00 km

20 km Nordic Walking

Total time: 2:15:17

Speed: 8.87 km/h

metres in height up: 135

Course score: 22.03

performance score: 195 Points