



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Sapsford, Donald

Club: Viermärker Dortmund
Number: 352

Course: 20.00 km
20 km Walking

Total time: 2:22:06

Speed: 8.44 km/h

metres in height up: 135
Course score: 22.03

performance score: 186 Points