



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Lüno, Ralf

Club: Nordic Bears
Number: 397

Course: 20.00 km
20 km Nordic Walking

Total time: 2:20:36

Speed: 8.53 km/h

metres in height up: 135
Course score: 22.03

performance score: 188 Points