



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

Friedrich, Brigitte

Club: LG Halver-Schalksmühle  
Number: 330

Course: 20.00 km  
20 km Nordic Walking

Total time: 2:20:53

Speed: 8.52 km/h

metres in height up: 135  
Course score: 22.03

performance score: 188 Points