



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Kochskämper, Siegfried

Club: Beckum

Number: 339

Course: 20.00 km

20 km Nordic Walking

Total time: 2:24:15

Speed: 8.32 km/h

metres in height up: 135

Course score: 22.03

performance score: 183 Points