



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

Gommen, Bernd

Club: N.-W.-Hobbygruppe

Number: 7

Course: 5.00 km

5 km Nordic Walking

Total time: 38:21

Speed: 7.82 km/h

metres in height up: 36

Course score: 5.54

performance score: 43 Points