



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

**Heins, Helga**

Club: Stadt Bochum Walking Team  
Number: 384

Course: 20.00 km  
20 km Walking

Total time: 2:34:11

Speed: 7.78 km/h

metres in height up: 135  
Course score: 22.03

performance score: 171 Points