



6. LSF-Walking-Day  
Münster / 19.06.2010

Detailed evaluation

**Barras, Horst**

Club: Nordic Bears  
Number: 394

Course: 20.00 km  
20 km Nordic Walking

Total time: 2:39:04

Speed: 7.54 km/h

metres in height up: 135  
Course score: 22.03

performance score: 166 Points