



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

seiffert, bernd

Club: wt-soest

Number: 316

Course: 20.00 km

20 km Nordic Walking

Total time: 2:39:20

Speed: 7.53 km/h

metres in height up: 135

Course score: 22.03

performance score: 166 Points