



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Lynker, Michael

Club: LG Halver-Schalksmühle
Number: 331

Course: 20.00 km
20 km Nordic Walking

Total time: 2:39:37

Speed: 7.52 km/h

metres in height up: 135
Course score: 22.03

performance score: 166 Points