



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Schwarze, Konrad

Club: Lüdenscheid

Number: 311

Course: 20.00 km

20 km Nordic Walking

Total time: 2:40:11

Speed: 7.49 km/h

metres in height up: 135

Course score: 22.03

performance score: 165 Points