



6. LSF-Walking-Day  
Münster / 19.06.2010

Detailed evaluation

Hilbing, Monika

Club: Vreden  
Number: 308

Course: 20.00 km  
20 km Nordic Walking

Total time: 2:40:22

Speed: 7.48 km/h

metres in height up: 135  
Course score: 22.03

performance score: 165 Points