



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Knuf, Gabriele

Club: TLV Rünthe
Number: 337

Course: 20.00 km
20 km Nordic Walking

Total time: 2:41:10

Speed: 7.45 km/h

metres in height up: 135
Course score: 22.03

performance score: 164 Points