



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