



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Czwikla, Karin

Club: TBS-Herne

Number: 341

Course: 20.00 km

20 km Nordic Walking

Total time: 2:42:23

Speed: 7.39 km/h

metres in height up: 135

Course score: 22.03

performance score: 163 Points