



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Pauly, Manfred

Club: www.jogmap.de

Number: 305

Course: 20.00 km

20 km Nordic Walking

Total time: 2:47:14

Speed: 7.18 km/h

metres in height up: 135

Course score: 22.03

performance score: 158 Points