



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

Tielkes, Barbara

Club: TV Vreden  
Number: 307

Course: 20.00 km  
20 km Nordic Walking

Total time: 2:52:41

Speed: 6.95 km/h

metres in height up: 135  
Course score: 22.03

performance score: 153 Points