



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

Rudolph, Marianne

Club: Herford

Number: 404

Course: 20.00 km

20 km Nordic Walking

Total time: 2:54:15

Speed: 6.89 km/h

metres in height up: 135

Course score: 22.03

performance score: 152 Points