



6. LSF-Walking-Day  
Münster / 19.06.2010

## Detailed evaluation

**Gnaß, Christian**

Club: Koronarsportverein Distel-Walker  
Number: 19

Course: 5.00 km  
5 km Nordic Walking

Total time: 44:03

Speed: 6.81 km/h

metres in height up: 36  
Course score: 5.54

performance score: 38 Points