



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Luhmann, Mechthild

Club: Postsportverein Unna
Number: 147

Course: 10.00 km
10 km Nordic Walking

Total time: 1:14:17

Speed: 8.08 km/h

metres in height up: 69

Course score: 11.04

performance score: 89 Points