



6. LSF-Walking-Day
Münster / 19.06.2010

Detailed evaluation

Luig, Renate

Club: TLV Rünthe
Number: 154

Course: 10.00 km
10 km Nordic Walking

Total time: 1:15:55

Speed: 7.90 km/h

metres in height up: 69
Course score: 11.04

performance score: 87 Points