



6. Unnaer Walking-Day

Unna / 15.06.2008

Detailed evaluation

Schmitz, Monika

Club: LSF-Unna-2000

Number: 788

Course: 17.00 km

17 km-Strecke Nordic Walking

Total time: 1:54:30

Speed: 8.91 km/h

metres in height up: 187

Course score: 19.81

performance score: 176 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:30	00:00	00:00
Kontrolle	5.3	5.3	10:08	00:38	00:38
Kontrolle	12.3	7.0	10:51	01:21	00:42
Finish	17.0	4.7	11:24	01:54	00:33