



## 6. Unnaer Walking-Day

Unna / 15.06.2008

### Detailed evaluation

Heckmann, Dagmar

Club: LSF-Unna-2000

Number: 1060

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:22:35

Speed: 7.27 km/h

metres in height up: 112

Course score: 11.68

performance score: 85 Points

### Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	10:03	00:00	00:00
Kontrolle	5.3	5.3	10:47	00:44	00:44
Finish	10.0	4.7	11:26	01:22	00:38