



6. Unnaer Walking-Day

Unna / 15.06.2008

Detailed evaluation

Sieringhaus-Ross, Meike

Club: Turbo-Schnecken Lüdenscheid

Number: 1095

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:24:48

Speed: 7.08 km/h

metres in height up: 112

Course score: 11.68

performance score: 83 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	10:48	00:45	00:45
Finish	10.0	4.7	11:28	01:24	00:39