



6. Unnaer Walking-Day

Unna / 15.06.2008

Detailed evaluation

Quast, Angelika

Club: Unna

Number: 1085

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:28:32

Speed: 6.78 km/h

metres in height up: 112

Course score: 11.68

performance score: 79 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	10:51	00:48	00:48
Finish	10.0	4.7	11:31	01:28	00:40