



6. Unnaer Walking-Day

Unna / 15.06.2008

Detailed evaluation

Menz - Hering, Silke

Club: TV Unna 1861 e.V.

Number: 1074

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:35:11

Speed: 6.30 km/h

metres in height up: 112

Course score: 11.68

performance score: 74 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	10:53	00:50	00:50
Finish	10.0	4.7	11:38	01:35	00:44