



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 |