



6. Unnaer Walking-Day

Unna / 15.06.2008

Detailed evaluation

Hermes, Bettina

Club: LG Halver-Schalksmühle

Number: 1004

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:38:29

Speed: 6.09 km/h

metres in height up: 112

Course score: 11.68

performance score: 71 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 | 10:54 | 00:51 | 00:51 |
| Finish | 10.0 | 4.7 | 11:41 | 01:38 | 00:47 |