



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