



6. Unnaer Walking-Day

Unna / 15.06.2008

Detailed evaluation

Helmer, Hans Josef

Club: TV Unna 1861 e.V.

Number: 523

Course: 5.00 km

5 km-Strecke Nordic Walking

Total time: 56:39

Speed: 5.30 km/h

metres in height up: 57

Course score: 5.86

performance score: 31 Points