



6. Unnaer Walking-Day

Unna / 15.06.2008

Detailed evaluation

Ponomarenko, Werner

Club: Turbo-Schnecken Lüdenscheid

Number: 778

Course: 17.00 km

17 km-Strecke Nordic Walking

Total time: 1:49:07

Speed: 9.35 km/h

metres in height up: 187

Course score: 19.81

performance score: 185 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	09:30	00:00	00:00
Kontrolle	5.3	5.3	10:07	00:36	00:36
Kontrolle	12.3	7.0	10:31	01:01	00:24
Finish	17.0	4.7	11:19	01:49	00:47