



6. Unnaer Walking-Day

Unna / 15.06.2008

Detailed evaluation

Riesenbeck, Margret

Club: TV Friesen Telgte

Number: 784

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:09:04

Speed: 8.69 km/h

metres in height up: 112

Course score: 11.68

performance score: 101 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	10:38	00:34	00:34
Finish	10.0	4.7	11:12	01:09	00:34