



## 7. Unnaer Walking Day

Unna / 17.05.2009

### Detailed evaluation

Helmer, Hans-Josef

Club: TV Unna

Number: 517

Course: 5.00 km

5 km-Strecke Nordic Walking

Total time: 1:02:59

Speed: 4.76 km/h

metres in height up: 72

Course score: 6.08

performance score: 29 Points