



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Heinze, Ralf

Club: Sickingmühler SV

Number: 1026

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:21:05

Speed: 7.40 km/h

metres in height up: 135

Course score: 12.03

performance score: 89 Points