



## 7. Unnaer Walking Day

Unna / 17.05.2009

### Detailed evaluation

Heptner, Frieda

Club: VSC Bochum

Number: 1133

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:22:23

Speed: 7.28 km/h

metres in height up: 135

Course score: 12.03

performance score: 88 Points