



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Gommen, Bernd

Club: Ahlen/ Vorhelm

Number: 513

Course: 5.00 km

5 km-Strecke Nordic Walking

Total time: 37:42

Speed: 7.96 km/h

metres in height up: 72

Course score: 6.08

performance score: 48 Points