



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Meyer, Heinz

Club: Ski-Club Schwerte e.V.

Number: 1029

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:24:39

Speed: 7.09 km/h

metres in height up: 135

Course score: 12.03

performance score: 85 Points