



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Ferchow, Heike

Club: LT Brechten

Number: 1105

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:25:14

Speed: 7.04 km/h

metres in height up: 135

Course score: 12.03

performance score: 85 Points