



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Runge, Dette

Club: Hohe Ward Gazellen/TuS-Hiltrup

Number: 1076

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:25:54

Speed: 6.98 km/h

metres in height up: 135

Course score: 12.03

performance score: 84 Points