



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Lotz, Herbert

Club: Ski-Club Schwerte e.V.

Number: 1028

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:26:03

Speed: 6.97 km/h

metres in height up: 135

Course score: 12.03

performance score: 84 Points