



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Rehms-Westerfeld, Helga

Club: WT-Soest

Number: 1103

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:27:20

Speed: 6.87 km/h

metres in height up: 135

Course score: 12.03

performance score: 83 Points