



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Ponza, Sylvia

Club: LG Halver-Schalksmühle

Number: 1081

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:27:55

Speed: 6.82 km/h

metres in height up: 135

Course score: 12.03

performance score: 82 Points