



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Kose, Rüdiger

Club: Ski-Club Schwerte e.V.

Number: 51

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 1:48:09

Speed: 8.32 km/h

metres in height up: 208

Course score: 18.12

performance score: 151 Points