



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Niehoff, Klaus

Club: TV Friesen Telgte

Number: 569

Course: 5.00 km

5 km-Strecke Nordic Walking

Total time: 40:35

Speed: 7.39 km/h

metres in height up: 72

Course score: 6.08

performance score: 45 Points