



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Arens, Lothar

Club: Escargots Bochum

Number: 162

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 1:59:27

Speed: 7.53 km/h

metres in height up: 208

Course score: 18.12

performance score: 136 Points