



## 7. Unnaer Walking Day

Unna / 17.05.2009

### Detailed evaluation

Heckmann, Dagmar

Club: LSF-Unna-2000

Number: 138

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 1:59:48

Speed: 7.51 km/h

metres in height up: 208

Course score: 18.12

performance score: 136 Points