



## 7. Unnaer Walking Day

Unna / 17.05.2009

### Detailed evaluation

Luhmann, Gerhard

Club: Post SV Unna

Number: 1025

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:08:24

Speed: 8.77 km/h

metres in height up: 135

Course score: 12.03

performance score: 105 Points