



## 7. Unnaer Walking Day

Unna / 17.05.2009

### Detailed evaluation

**Volmer, Ulrich**

Club: Body+Soul Billerbeck

Number: 1106

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:09:27

Speed: 8.64 km/h

metres in height up: 135

Course score: 12.03

performance score: 104 Points