



7. Unnaer Walking Day

Unna / 17.05.2009

Detailed evaluation

Ponto, Helmut

Club: TV Unna

Number: 1010

Course: 10.00 km

10 km-Strecke Walking

Total time: 1:17:40

Speed: 7.73 km/h

metres in height up: 135

Course score: 12.03

performance score: 93 Points