



8. Unnaer Walking Day

Unna / 04.07.2010

Detailed evaluation

Sieger, Heike

Club: Holzwickede

Number: 1013

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:30:08

Speed: 6.66 km/h

metres in height up: 135

Course score: 12.03

performance score: 80 Points