



8. Unnaer Walking Day

Unna / 04.07.2010

Detailed evaluation

Pohlkamp, Bernhard

Club: Marathon Soest

Number: 1001

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:30:45

Speed: 6.61 km/h

metres in height up: 135

Course score: 12.03

performance score: 79 Points