



## 8. Unnaer Walking Day

Unna / 04.07.2010

### Detailed evaluation

**Sapsford, Donald**

Club: Viermärker Dortmund

Number: 225

Course: 15.00 km

15 km-Strecke Walking

Total time: 1:48:44

Speed: 8.28 km/h

metres in height up: 208

Course score: 18.12

performance score: 150 Points