



## 8. Unnaer Walking Day

Unna / 04.07.2010

### Detailed evaluation

**Sgundek, Dirk**

Club: Diemel Walker Warburg

Number: 184

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 1:44:21

Speed: 8.62 km/h

metres in height up: 208

Course score: 18.12

performance score: 156 Points