



8. Unnaer Walking Day

Unna / 04.07.2010

Detailed evaluation

Lüno, Ralf

Club: Nordic Bears

Number: 231

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 1:45:14

Speed: 8.55 km/h

metres in height up: 208

Course score: 18.12

performance score: 155 Points