



8. Unnaer Walking Day

Unna / 04.07.2010

Detailed evaluation

Kose, Rüdiger

Club: Ski Club Schwerte

Number: 226

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 1:46:58

Speed: 8.41 km/h

metres in height up: 208

Course score: 18.12

performance score: 152 Points