



8. Unnaer Walking Day

Unna / 04.07.2010

Detailed evaluation

Kochskämper, Siegfried

Club: Beckum

Number: 164

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 1:50:45

Speed: 8.13 km/h

metres in height up: 208

Course score: 18.12

performance score: 147 Points