



## 8. Unnaer Walking Day

Unna / 04.07.2010

### Detailed evaluation

Friedrich, Brigitte

Club: LG Halver-Schalksmühle

Number: 223

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 1:52:20

Speed: 8.01 km/h

metres in height up: 208

Course score: 18.12

performance score: 145 Points