



8. Unnaer Walking Day

Unna / 04.07.2010

Detailed evaluation

Lynker, Michael

Club: LG Halver-Schalksmühle

Number: 193

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 1:55:15

Speed: 7.81 km/h

metres in height up: 208

Course score: 18.12

performance score: 142 Points