



## 8. Unnaer Walking Day

Unna / 04.07.2010

### Detailed evaluation

**Seiffert, Bernd**

Club: WT-Soest

Number: 178

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 2:01:09

Speed: 7.43 km/h

metres in height up: 208

Course score: 18.12

performance score: 135 Points