



8. Unnaer Walking Day

Unna / 04.07.2010

Detailed evaluation

Krowinus, Carsten

Club: Fröndenberg

Number: 248

Course: 15.00 km

15 km-Strecke Nordic Walking

Total time: 2:29:10

Speed: 6.03 km/h

metres in height up: 208

Course score: 18.12

performance score: 109 Points