



## 8. Unnaer Walking Day

Unna / 04.07.2010

### Detailed evaluation

Lungmus, Gerhard

Number: 511

Course: 5.00 km

5 km-Strecke Nordic Walking

Total time: 50:05

Speed: 5.99 km/h

metres in height up: 72

Course score: 6.08

performance score: 36 Points