



8. Unnaer Walking Day

Unna / 04.07.2010

Detailed evaluation

Seifert, Annett

Club: LTV Hirschberg

Number: 1157

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:21:51

Speed: 7.33 km/h

metres in height up: 135

Course score: 12.03

performance score: 88 Points