



8. Unnaer Walking Day

Unna / 04.07.2010

Detailed evaluation

Vorwald, Heiner

Club: Ski Club Schwerte

Number: 1121

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:25:01

Speed: 7.06 km/h

metres in height up: 135

Course score: 12.03

performance score: 85 Points