



## 8. Unnaer Walking Day

Unna / 04.07.2010

### Detailed evaluation

#### Rehms-westerfeld, Helga

Club: WT-Soest

Number: 1175

Course: 10.00 km

10 km-Strecke Nordic Walking

Total time: 1:27:21

Speed: 6.87 km/h

metres in height up: 135

Course score: 12.03

performance score: 83 Points