



## 8. Unnaer Walking Day

Unna / 04.07.2010

### Detailed evaluation

Heitmann, Ernst

Club: Hohe Ward Gazellen/TuS-Hiltrup

Number: 1111

Course: 12.50 km

12,5 km-Strecke Nordic Walking

Total time: 1:27:47

Speed: 8.20 km/h

metres in height up: 135

Course score: 14.03

performance score: 124 Points