



## 9. Unnaer Walking Day

Unna / 03.07.2011

### Detailed evaluation

Herweg, Rudolf

Club: Lauftreff Siebengebirge

Number: 163

Course: 15.00 km

Nordic Walking

Total time: 1:49:08

Speed: 8.25 km/h

metres in height up: 208

Course score: 18.12

performance score: 149 Points