



10. Unnaer Walking Day

Unna / 01.07.2012

Detailed evaluation

Ruhrmann, Ingrid

Club: TV-Mengede 1890 e.V.

Number: 1132

Course: 10.00 km

Nordic Walking

Total time: 1:27:11

Speed: 6.88 km/h

metres in height up: 135

Course score: 12.03

performance score: 83 Points