



# 10. Unnaer Walking Day

Unna / 01.07.2012

## Detailed evaluation

### Nachtigall, Heike

Club: Stadt Bochum Walking-Team

Number: 1107

Course: 10.00 km

Nordic Walking

Total time: 1:27:24

Speed: 6.86 km/h

metres in height up: 135

Course score: 12.03

performance score: 82 Points