



10. Unnaer Walking Day

Unna / 01.07.2012

Detailed evaluation

Lalk, Elke

Club: TuS Falke Berlebeck

Number: 178

Course: 15.00 km

Nordic Walking

Total time: 1:46:52

Speed: 8.42 km/h

metres in height up: 208

Course score: 18.12

performance score: 153 Points