



10. Unnaer Walking Day

Unna / 01.07.2012

Detailed evaluation

Kose, Rüdiger

Club: Ski Club Schwerte

Number: 145

Course: 15.00 km

Nordic Walking

Total time: 1:49:18

Speed: 8.23 km/h

metres in height up: 208

Course score: 18.12

performance score: 149 Points