



# 10. Unnaer Walking Day

Unna / 01.07.2012

## Detailed evaluation

**Emming, Ruth**

Club: Laufteam Gescher

Number: 656

Course: 5.00 km

Nordic Walking

Total time: 43:30

Speed: 6.90 km/h

metres in height up: 72

Course score: 6.08

performance score: 42 Points