



# 10. Unnaer Walking Day

Unna / 01.07.2012

## Detailed evaluation

Heinze, Ralf

Club: Knappschaft

Number: 1164

Course: 10.00 km

Nordic Walking

Total time: 1:07:45

Speed: 8.86 km/h

metres in height up: 135

Course score: 12.03

performance score: 107 Points