



### 3. Escha Nordicday in Halver

58553 Halver, Waldfreibad Herpine / 26.04.2008

#### Detailed evaluation

**Padberg,Paul-Heinz**

Club: Triathlon Team Witten

Number: 1000

Course: 12.88 km

Walking

Total time: 1:45:31

Speed: 6.82 km/h

metres in height up: 459

Course score: 18.89

performance score: 144 Points