



3. Escha Nordicday in Halver

58553 Halver, Waldfreibad Herpine / 26.04.2008

Detailed evaluation

Ponomarenko,Werner

Club: Turbo-Schnecken Lüdenscheid

Number: 1528

Course: 12.88 km

Nordic Walking

Total time: 1:39:16

Speed: 7.25 km/h

metres in height up: 459

Course score: 18.89

performance score: 154 Points