



3. Escha Nordicday in Halver

58553 Halver, Waldfreibad Herpine / 26.04.2008

Detailed evaluation

Rüssmann, Mechthild

Club: LT Wischlingen Dortmund

Number: 1014

Course: 12.88 km

Walking

Total time: 1:36:45

Speed: 7.44 km/h

metres in height up: 459

Course score: 18.89

performance score: 158 Points