



3. Escha Nordicday in Halver

58553 Halver, Waldfreibad Herpine / 26.04.2008

Detailed evaluation

Bierfreund, Heinz-Theo

Club: TV Flerke/Welver

Number: 2535

Course: 19.73 km

Nordic Walking

Total time: 2:34:06

Speed: 7.40 km/h

metres in height up: 790

Course score: 30.85

performance score: 243 Points