



3. Escha Nordicday in Halver

58553 Halver, Waldfreibad Herpine / 26.04.2008

Detailed evaluation

Sönnecken, Sabine

Club: TV Grünenthal

Number: 1624

Course: 12.88 km

Nordic Walking

Total time: 2:09:59

Speed: 5.54 km/h

metres in height up: 459

Course score: 18.89

performance score: 117 Points