



3. Escha Nordicday in Halver

58553 Halver, Waldfreibad Herpine / 26.04.2008

Detailed evaluation

Späth,Heinz

Total time: 1:42:24

Speed: 7.03 km/h

Number: 1619

metres in height up: 459

Course: 12.88 km

Course score: 18.89

Walking

performance score: 149 Points