



3. Escha Nordicday in Halver

58553 Halver, Waldfreibad Herpine / 26.04.2008

Detailed evaluation

Zickau, Manfred

Club: Walking Treff Möhnesee

Number: 1007

Course: 12.88 km

Walking

Total time: 1:39:03

Speed: 7.27 km/h

metres in height up: 459

Course score: 18.89

performance score: 154 Points