



3. Escha Nordicday in Halver

58553 Halver, Waldfreibad Herpine / 26.04.2008

Detailed evaluation

Ernst-Rühl, Elvira

Total time: 1:19:39

Speed: 5.27 km/h

Number: 7026

metres in height up: 255

Course: 7.26 km

Course score: 10.83

Walking

performance score: 61 Points