



3. Escha Nordicday in Halver

58553 Halver, Waldfreibad Herpine / 26.04.2008

Detailed evaluation

Hesse,Friedhilde

Club: VfK Iserlohn

Number: 7524

Course: 7.26 km

Nordic Walking

Total time: 1:09:00

Speed: 6.09 km/h

metres in height up: 255

Course score: 10.83

performance score: 70 Points