



3. Escha Nordicday in Halver

58553 Halver, Waldfreibad Herpine / 26.04.2008

Detailed evaluation

Holstein,Hans

Club: Lauftreff Hagen-Emst

Number: 1600

Course: 12.88 km

Nordic Walking

Total time: 2:04:44

Speed: 5.77 km/h

metres in height up: 459

Course score: 18.89

performance score: 122 Points