



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Sellin, Karl-Heinz

Club: DJK Ewaldi Aplerbeck 1930 e.V.

Number: 1643

Course: 13.00 km

Nordic Walking

Total time: 1:48:19

Speed: 7.20 km/h

metres in height up: 414

Course score: 19.21

performance score: 138 Points