



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Galda, Torsten

Club: LSF-Unna-2000

Number: 7003

Course: 7.25 km

Walking

Total time: 1:06:32

Speed: 6.31 km/h

metres in height up: 269

Course score: 11.04

performance score: 74 Points