



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Gadau, Conny

Club: Hohe Ward Gazellen/TuS Hiltrup

Number: 1021

Course: 13.00 km

Walking

Total time: 1:51:11

Speed: 7.02 km/h

metres in height up: 414

Course score: 19.21

performance score: 135 Points