



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

Flick, Lothar

Club: Skigemeinschaft Ennepetal

Number: 1537

Course: 13.00 km

Nordic Walking

Total time: 1:49:34

Speed: 7.12 km/h

metres in height up: 414

Course score: 19.21

performance score: 137 Points