



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Heitmann, Ernst

Club: Hohe Ward Gazellen/TuS Hiltrup

Number: 1619

Course: 13.00 km

Nordic Walking

Total time: 1:49:40

Speed: 7.11 km/h

metres in height up: 414

Course score: 19.21

performance score: 137 Points