



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Heinemann, Silvia

Club: Lauftreff Hagen-Emst

Number: 7541

Course: 7.25 km

Nordic Walking

Total time: 1:04:48

Speed: 6.48 km/h

metres in height up: 269

Course score: 11.04

performance score: 76 Points