



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

**Sieringhaus-Ross, Meike**

Club: Turbo Schnecken Lüdenscheid

Number: 1562

Course: 13.00 km

Nordic Walking

Total time: 1:52:56

Speed: 6.91 km/h

metres in height up: 414

Course score: 19.21

performance score: 133 Points