



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Grenzow, Christel

Club: LuW Weddinghofen

Number: 7014

Course: 7.25 km

Walking

Total time: 1:07:34

Speed: 6.22 km/h

metres in height up: 269

Course score: 11.04

performance score: 73 Points