



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Tepasse, Ludger

Club: ESCHA

Number: 1013

Course: 13.00 km

Walking

Total time: 2:00:15

Speed: 6.49 km/h

metres in height up: 414

Course score: 19.21

performance score: 125 Points