



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Niehoff, Klaus

Club: T.V. Friesen Telgte

Number: 7551

Course: 7.25 km

Walking

Total time: 1:08:03

Speed: 6.17 km/h

metres in height up: 269

Course score: 11.04

performance score: 72 Points