



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Arnzen, Conny

Club: Laufteam Gescher

Number: 1549

Course: 13.00 km

Nordic Walking

Total time: 2:01:13

Speed: 6.43 km/h

metres in height up: 414

Course score: 19.21

performance score: 124 Points