



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Toboll, Walburgis

Club: T.V. Friesen Telgte

Number: 7013

Course: 7.25 km

Walking

Total time: 1:01:20

Speed: 6.85 km/h

metres in height up: 269

Course score: 11.04

performance score: 80 Points