



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Birke, Volker

Club: BTC-Herne

Number: 2005

Course: 18.00 km

Walking

Total time: 2:02:39

Speed: 8.81 km/h

metres in height up: 640

Course score: 27.60

performance score: 243 Points