



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Koslowski, Siegfried

Club: Walking Treff Möhnesee

Number: 1503

Course: 13.00 km

Nordic Walking

Total time: 2:03:58

Speed: 6.29 km/h

metres in height up: 414

Course score: 19.21

performance score: 121 Points