



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

Thöne, Silke

Total time: 2:06:02

Speed: 6.19 km/h

Number: 1610

metres in height up: 414

Course: 13.00 km

Course score: 19.21

Walking

performance score: 119 Points