



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Nigbur, Karin

Club: Koronarsportverein Distel-Walker

Number: 1599

Course: 13.00 km

Nordic Walking

Total time: 2:05:50

Speed: 6.20 km/h

metres in height up: 414

Course score: 19.21

performance score: 119 Points