



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Slowly, Rainer

Club: T.V. Friesen Telgte

Number: 2001

Course: 18.00 km

Walking

Total time: 2:12:56

Speed: 8.12 km/h

metres in height up: 640

Course score: 27.60

performance score: 224 Points