



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

rehms-westerfeld, helga

Club: wt-soest

Number: 1571

Course: 13.00 km

Nordic Walking

Total time: 2:07:59

Speed: 6.09 km/h

metres in height up: 414

Course score: 19.21

performance score: 117 Points