



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

jander, margrit

Club: wt-soest

Number: 1554

Course: 13.00 km

Nordic Walking

Total time: 2:08:01

Speed: 6.09 km/h

metres in height up: 414

Course score: 19.21

performance score: 117 Points