



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Ponza, Sylvia

Club: LG Halver-Schalksmühle

Number: 1576

Course: 13.00 km

Nordic Walking

Total time: 2:10:12

Speed: 5.99 km/h

metres in height up: 414

Course score: 19.21

performance score: 115 Points