



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Drees, Frank

Club: Koronarsportverein Distel-Walker

Number: 1504

Course: 13.00 km

Nordic Walking

Total time: 2:12:26

Speed: 5.89 km/h

metres in height up: 414

Course score: 19.21

performance score: 113 Points