



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Benscheidt, Wilfried

Club: LG Halver-Schalksmühle

Number: 2527

Course: 18.00 km

Nordic Walking

Total time: 2:17:25

Speed: 7.86 km/h

metres in height up: 640

Course score: 27.60

performance score: 217 Points