



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

**Kose, Rüdiger**

Club: Skiclub Schwerte

Number: 2503

Course: 18.00 km

Nordic Walking

Total time: 2:18:09

Speed: 7.82 km/h

metres in height up: 640

Course score: 27.60

performance score: 216 Points