



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

Grote, André

Club: ESCHA

Number: 1014

Course: 13.00 km

Walking

Total time: 2:17:36

Speed: 5.67 km/h

metres in height up: 414

Course score: 19.21

performance score: 109 Points