



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Arlt, Roland

Club: LG Halver-Schalksmühle

Number: 2523

Course: 18.00 km

Nordic Walking

Total time: 2:19:52

Speed: 7.72 km/h

metres in height up: 640

Course score: 27.60

performance score: 213 Points