



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Frauenrath, Claudia

Club: ASV Duisburg

Number: 2542

Course: 18.00 km

Nordic Walking

Total time: 2:25:01

Speed: 7.45 km/h

metres in height up: 640

Course score: 27.60

performance score: 206 Points