



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Holstein, Hans

Club: Laufftreff Hagen-Emst

Number: 7508

Course: 7.25 km

Nordic Walking

Total time: 1:08:29

Speed: 6.13 km/h

metres in height up: 269

Course score: 11.04

performance score: 72 Points