



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Beier, Rudolf

Club: Koronarsportverein Distel-Walker

Number: 2504

Course: 18.00 km

Nordic Walking

Total time: 2:31:28

Speed: 7.13 km/h

metres in height up: 640

Course score: 27.60

performance score: 197 Points