



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

hach, brigitte

Club: wt-soest

Number: 2028

Course: 18.00 km

Walking

Total time: 2:34:09

Speed: 7.01 km/h

metres in height up: 640

Course score: 27.60

performance score: 193 Points