



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Heckmann, Dagmar

Club: LSF-Unna-2000

Number: 2533

Course: 18.00 km

Nordic Walking

Total time: 2:38:39

Speed: 6.81 km/h

metres in height up: 640

Course score: 27.60

performance score: 188 Points