



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

menzel, achim

Club: wt-soest

Number: 2500

Course: 18.00 km

Nordic Walking

Total time: 2:43:57

Speed: 6.59 km/h

metres in height up: 640

Course score: 27.60

performance score: 182 Points