



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Spilka, Nevin

Club: LG Halver-Schalksmühle

Number: 7559

Course: 7.25 km

Nordic Walking

Total time: 1:09:28

Speed: 6.05 km/h

metres in height up: 269

Course score: 11.04

performance score: 71 Points