



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Wirges, Ilona

Total time: 1:10:04

Speed: 6.21 km/h

Number: 7549

metres in height up: 269

Course: 7.25 km

Course score: 11.04

Nordic Walking

performance score: 70 Points