



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

Dickhage, Manfred

Club: Laufftreff Hagen-Emst

Number: 7503

Course: 7.25 km

Nordic Walking

Total time: 1:14:22

Speed: 5.65 km/h

metres in height up: 269

Course score: 11.04

performance score: 66 Points