



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

**Scheider, Heike**

Club: Lüdenscheid

Number: 7531

Course: 7.25 km

Nordic Walking

Total time: 1:15:08

Speed: 5.59 km/h

metres in height up: 269

Course score: 11.04

performance score: 65 Points