



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

Schürmann, Karin

Club: Lauftreff Hagen-Emst

Number: 7538

Course: 7.25 km

Nordic Walking

Total time: 1:17:49

Speed: 5.40 km/h

metres in height up: 269

Course score: 11.04

performance score: 63 Points