



## 4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

### Detailed evaluation

Cisnik, Renate

Total time: 1:24:03

Speed: 5.00 km/h

Number: 7555

metres in height up: 269

Course: 7.25 km

Course score: 11.04

Nordic Walking

performance score: 58 Points