



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Balke, Manuela

Total time: 1:28:32

Speed: 4.74 km/h

Number: 7561

metres in height up: 269

Course: 7.25 km

Course score: 11.04

Walking

performance score: 55 Points