



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Glaremin, Alfred

Club: Walking Treff Möhnesee

Number: 1010

Course: 13.00 km

Walking

Total time: 1:32:55

Speed: 8.39 km/h

metres in height up: 414

Course score: 19.21

performance score: 161 Points