



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Späth, Heinz

Total time: 1:40:50

Speed: 7.74 km/h

Number: 1603

metres in height up: 414

Course: 13.00 km

Course score: 19.21

Walking

performance score: 149 Points