



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Ponomarenko, Erika

Club: Turbo Schnecken Lüdenscheid

Number: 1555

Course: 13.00 km

Nordic Walking

Total time: 1:38:53

Speed: 7.89 km/h

metres in height up: 414

Course score: 19.21

performance score: 152 Points