



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Theuner, Horst

Club: T.V. Friesen Telgte

Number: 1009

Course: 13.00 km

Walking

Total time: 1:43:50

Speed: 7.51 km/h

metres in height up: 414

Course score: 19.21

performance score: 144 Points