



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Ponomarenko, Werner

Club: Turbo Schnecken Lüdenscheid

Number: 1510

Course: 13.00 km

Nordic Walking

Total time: 1:41:49

Speed: 7.66 km/h

metres in height up: 414

Course score: 19.21

performance score: 147 Points