



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Pohlkamp, Bernhard

Club: Marathon Soest

Number: 1613

Course: 13.00 km

Nordic Walking

Total time: 1:42:42

Speed: 7.59 km/h

metres in height up: 414

Course score: 19.21

performance score: 146 Points