



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Janköster, Katharina

Club: Tus Bierbaum

Number: 1629

Course: 13.00 km

Nordic Walking

Total time: 1:43:18

Speed: 7.55 km/h

metres in height up: 414

Course score: 19.21

performance score: 145 Points