



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Andexer, Regina

Club: Laufteam Gescher

Number: 1054

Course: 13.00 km

Walking

Total time: 1:53:57

Speed: 6.85 km/h

metres in height up: 414

Course score: 19.21

performance score: 135 Points