



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Heckmann, Dagmar

Club: LSF-Unna-2000

Number: 2076

Course: 18.00 km

Walking

Total time: 2:27:04

Speed: 7.34 km/h

metres in height up: 640

Course score: 27.60

performance score: 208 Points