



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Heimann, Wolfgang

Club: Flotte Socken Dortmund-Süd

Number: 7070

Course: 7.25 km

Walking

Total time: 57:54

Speed: 7.25 km/h

metres in height up: 269

Course score: 11.04

performance score: 84 Points