



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Heimes, Dirk

Club: DJK Deutmecke

Number: 1127

Course: 13.00 km

Nordic Walking

Total time: 1:49:36

Speed: 7.12 km/h

metres in height up: 414

Course score: 19.21

performance score: 140 Points