



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Heins, Helga

Club: Stadt Bochum Walking-Team

Number: 2070

Course: 18.00 km

Walking

Total time: 2:37:03

Speed: 6.88 km/h

metres in height up: 640

Course score: 27.60

performance score: 195 Points