



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

Hermes, Bettina

Club: LG Halver-Schalksmühle

Number: 1140

Course: 13.00 km

Nordic Walking

Total time: 2:18:10

Speed: 5.65 km/h

metres in height up: 414

Course score: 19.21

performance score: 111 Points