



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

Hesse, Roland

Club: LF-Lüchtringen

Number: 2030

Course: 18.00 km

Nordic Walking

Total time: 2:22:36

Speed: 7.57 km/h

metres in height up: 640

Course score: 27.60

performance score: 215 Points