



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Kirsch, Helga

Club: SV Menden

Number: 2067

Course: 18.00 km

Walking

Total time: 2:18:25

Speed: 7.80 km/h

metres in height up: 640

Course score: 27.60

performance score: 221 Points