



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Kochskämper, Siegfried

Total time: 2:24:55

Speed: 7.45 km/h

Number: 2056

metres in height up: 640

Course: 18.00 km

Course score: 27.60

Nordic Walking

performance score: 211 Points