



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

**Kose, Rüdiger**

Club: Skiclub Schwerte

Number: 2046

Course: 18.00 km

Nordic Walking

Total time: 2:19:48

Speed: 7.73 km/h

metres in height up: 640

Course score: 27.60

performance score: 219 Points