



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Loch, Manfred

Club: OSC 01 Hamm

Number: 2095

Course: 18.00 km

Walking

Total time: 2:15:52

Speed: 7.95 km/h

metres in height up: 640

Course score: 27.60

performance score: 226 Points