



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Lohrke, Martin

Club: Walking Treff Möhnesee

Number: 1000

Course: 13.00 km

Walking

Total time: 2:00:30

Speed: 6.47 km/h

metres in height up: 414

Course score: 19.21

performance score: 127 Points