



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Lootze, Manfred

Club: LuW Weddinghofen

Number: 1003

Course: 13.00 km

Walking

Total time: 1:33:25

Speed: 8.35 km/h

metres in height up: 414

Course score: 19.21

performance score: 164 Points