



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

Lüno, Ralf

Club: Nordic Bears

Number: 2059

Course: 18.00 km

Nordic Walking

Total time: 2:18:38

Speed: 7.79 km/h

metres in height up: 640

Course score: 27.60

performance score: 221 Points