



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

Marold, Karin

Club: Laufteam Gescher

Number: 1051

Course: 13.00 km

Walking

Total time: 1:45:25

Speed: 7.40 km/h

metres in height up: 414

Course score: 19.21

performance score: 145 Points