



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

**Raffenberg, Michael**

Club: TV Gut-Heil 1865 e.V. DO-Aplerbeck

Number: 2016

Course: 18.00 km

Walking

Total time: 2:10:30

Speed: 8.28 km/h

metres in height up: 640

Course score: 27.60

performance score: 235 Points