



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Rückriem, Sandra

Club: DJK Preußen 1911 Bochum e.V.

Number: 7023

Course: 7.25 km

Walking

Total time: 1:05:15

Speed: 6.44 km/h

metres in height up: 269

Course score: 11.04

performance score: 75 Points