



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

**Sgundek, Dirk**

Club: Diemel Walker Warburg

Number: 1128

Course: 13.00 km

Nordic Walking

Total time: 1:41:03

Speed: 7.72 km/h

metres in height up: 414

Course score: 19.21

performance score: 152 Points