



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

**Sieringhaus-Ross, Meike**

Club: Turbo-Schnecken Lüdenscheid

Number: 1067

Course: 13.00 km

Nordic Walking

Total time: 1:58:00

Speed: 6.61 km/h

metres in height up: 414

Course score: 19.21

performance score: 130 Points