



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Sulk, Elmar

Club: DJK Preußen 1911 Bochum e.V.

Number: 2020

Course: 18.00 km

Walking

Total time: 2:45:08

Speed: 6.54 km/h

metres in height up: 640

Course score: 27.60

performance score: 186 Points