



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Adams, Mirjam

Club: EscarGots Bochum

Number: 2101

Course: 18.00 km

Nordic Walking

Total time: 2:44:52

Speed: 6.55 km/h

metres in height up: 640

Course score: 27.60

performance score: 186 Points