



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

Wirges, Ilona

Total time: 2:06:34

Speed: 6.16 km/h

Number: 1119

metres in height up: 414

Course: 13.00 km

Course score: 19.21

Nordic Walking

performance score: 121 Points