



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

Ahrendt, Kirstin

Club: Laufteam Gescher

Number: 1055

Course: 13.00 km

Walking

Total time: 1:49:08

Speed: 7.15 km/h

metres in height up: 414

Course score: 19.21

performance score: 140 Points