



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

Flick, Lothar

Club: SG Ennepetal

Number: 7011

Course: 7.25 km

Nordic Walking

Total time: 57:46

Speed: 7.27 km/h

metres in height up: 269

Course score: 11.04

performance score: 84 Points