



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Gadau, Conny

Club: Hohe Ward Gazellen/TuS-Hiltrup

Number: 7027

Course: 7.25 km

Walking

Total time: 58:48

Speed: 7.14 km/h

metres in height up: 269

Course score: 11.04

performance score: 83 Points