



5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

Detailed evaluation

Glaremin, Alfred

Club: Walking Treff Möhnesee

Number: 2000

Course: 18.00 km

Walking

Total time: 2:25:11

Speed: 7.44 km/h

metres in height up: 640

Course score: 27.60

performance score: 211 Points