



## 5. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 24.04.2010

### Detailed evaluation

**Gras, Birgit**

Club: SG Ennepetal

Number: 7056

Course: 7.25 km

Nordic Walking

Total time: 1:03:42

Speed: 6.59 km/h

metres in height up: 269

Course score: 11.04

performance score: 76 Points