



6. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 07.05.2011

Detailed evaluation

Ahlefeld, Ingrid

Club: TV Gut Heil Herbeck

Number: 7059

Course: 7.25 km

Nordic Walking

Total time:

Speed: 5.64 km/h

metres in height up: 269

Course score: 11.04

performance score: 61 Points