



6. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 07.05.2011

Detailed evaluation

Sulk,Elmar

Club: DJK Preußen 1911 Bochum e.V.

Number: 2007

Course: 18.00 km

Walking

Total time: 2:50:27

Speed: 6.34 km/h

metres in height up: 640

Course score: 27.60

performance score: 179 Points