



# 10. Nordic-Walking-Tag in Bad Berka

Bad Berka / 28.04.2012

## Detailed evaluation

Esche, Karsten

Club: LSK Lok Arnstadt

Number: 159

Course: 15.40 km

Kohlgrund-Walk

Total time: 1:57:26

Speed: 7.66 km/h

metres in height up: 282

Course score: 19.23

performance score: 154 Points