



8. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 27.04.2013

Detailed evaluation

Arzen, Norbert

Club: Laufteam Gescher

Number: 1010

Course: 13.00 km

Walking

Total time: 1:55:25

Speed: 6.76 km/h

metres in height up: 442

Course score: 19.63

performance score: 133 Points