



8. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 27.04.2013

Detailed evaluation

Frankemöller-Heermann, Günter

Club: Laufteam Gescher

Number: 1007

Course: 13.00 km

Walking

Total time: 1:41:14

Speed: 7.70 km/h

metres in height up: 442

Course score: 19.63

performance score: 151 Points