



8. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 27.04.2013

Detailed evaluation

Kose, Rüdiger

Club: Skiclub Schwerte

Number: 2045

Course: 18.00 km

Nordic Walking

Total time: 2:25:10

Speed: 7.44 km/h

metres in height up: 712

Course score: 28.68

performance score: 213 Points