



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Dickhaut, Bodo

Club: l´m Walking Selm

Number: 7004

Course: 7.25 km

Walking

Total time: 55:31

Speed: 7.57 km/h

metres in height up: 269

Course score: 11.04

performance score: 88 Points