



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Heins, Helga

Club: Stadt Bochum Walking-Team

Number: 1030

Course: 13.00 km

Walking

Total time: 1:47:42

Speed: 7.24 km/h

metres in height up: 414

Course score: 19.21

performance score: 139 Points