



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Seidel, Volker

Total time: 1:06:13

Speed: 6.34 km/h

Number: 1630

metres in height up: 269

Course: 7.25 km

Course score: 11.04

Walking

performance score: 74 Points