



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Lootze, Manfred

Club: LuW Weddinghofen

Number: 1001

Course: 13.00 km

Walking

Total time: 1:28:35

Speed: 8.81 km/h

metres in height up: 414

Course score: 19.21

performance score: 169 Points