



4. Escha Nordicday

58553 Halver, Waldfreibad Herpine / 25.04.2009

Detailed evaluation

Lenschow, Sylvia

Club: T.V. Friesen Telgte

Number: 1028

Course: 13.00 km

Walking

Total time: 1:46:01

Speed: 7.36 km/h

metres in height up: 414

Course score: 19.21

performance score: 141 Points