



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Reddemann, Dirk

Total time: 44:11

Speed: 8.15 km/h

Number: 4214

metres in height up: 158

Course: 6.00 km

Course score: 8.37

6 km Nordic Walking

performance score: 68 Points