



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Hoke, Sabine

Club: LSF-Unna-2000

Number: 4244

Course: 6.00 km

6 km Nordic Walking

Total time: 47:39

Speed: 7.56 km/h

metres in height up: 158

Course score: 8.37

performance score: 63 Points