



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

**Bastert, Frank**

Club: LSF-Unna-2000

Number: 1289

Course: 21.00 km

21 km Nordic Walking

Total time: 2:21:25

Speed: 8.91 km/h

metres in height up: 632

Course score: 30.48

performance score: 272 Points