



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Ellenhorst, Birgit

Club: Horn-Bad Meinberg
Number: 4245

Course: 6.00 km
6 km Nordic Walking

Total time: 54:26

Speed: 6.61 km/h

metres in height up: 158
Course score: 8.37

performance score: 55 Points