



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Lalk, Elke

Club: TuS Falke Berlebeck
Number: 1250

Course: 21.00 km
21 km Nordic Walking

Total time: 2:34:49

Speed: 8.14 km/h

metres in height up: 632
Course score: 30.48

performance score: 248 Points