



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Hansen-Röhe, Helmut

Club: LT Siebengebirge

Number: 1223

Course: 21.00 km

21 km Nordic Walking

Total time: 2:35:33

Speed: 8.10 km/h

metres in height up: 632

Course score: 30.48

performance score: 247 Points