



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Herweg, Rudolf

Club: LT Siebengebirge
Number: 1267

Course: 21.00 km
21 km Nordic Walking

Total time: 2:39:04

Speed: 7.92 km/h

metres in height up: 632
Course score: 30.48

performance score: 241 Points