



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Sapsford, Donald

Club: BSG DSW21/DEW21  
Number: 1028

Course: 21.00 km  
21 km Walking

Total time: 2:43:47

Speed: 7.69 km/h

metres in height up: 632  
Course score: 30.48

performance score: 234 Points