



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Runte, Ralf

Club: TuS Falke Berlebeck
Number: 1253

Course: 21.00 km
21 km Nordic Walking

Total time: 2:40:52

Speed: 7.83 km/h

metres in height up: 632
Course score: 30.48

performance score: 239 Points