



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Alter, Michael

Club: LiVe-Lauftreff in Versmold
Number: 1287

Course: 21.00 km
21 km Nordic Walking

Total time: 2:41:27

Speed: 7.80 km/h

metres in height up: 632
Course score: 30.48

performance score: 238 Points