



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Henkel, Hugo

Club: LSF-Unna-2000

Number: 1303

Course: 21.00 km

21 km Nordic Walking

Total time: 2:43:32

Speed: 7.70 km/h

metres in height up: 632

Course score: 30.48

performance score: 235 Points