



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Marquardt, Ralph

Club: SH-Stukenbrock  
Number: 1315

Course: 21.00 km  
21 km Nordic Walking

Total time: 2:49:11

Speed: 7.45 km/h

metres in height up: 632  
Course score: 30.48

performance score: 227 Points