



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Ruchatz, Monika

Club: Minden  
Number: 1210

Course: 21.00 km  
21 km Nordic Walking

Total time: 2:51:41

Speed: 7.34 km/h

metres in height up: 632  
Course score: 30.48

performance score: 224 Points