



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Herold, Olaf

Club: Gütersloh

Number: 1215

Course: 21.00 km

21 km Nordic Walking

Total time: 2:52:19

Speed: 7.31 km/h

metres in height up: 632

Course score: 30.48

performance score: 223 Points