



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Gierhake, Helmut

Club: Gütersloh
Number: 1225

Course: 21.00 km
21 km Nordic Walking

Total time: 2:52:22

Speed: 7.31 km/h

metres in height up: 632
Course score: 30.48

performance score: 223 Points