



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