



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Nessel, Gerhard

Club: Benteler Lauftreff
Number: 1338

Course: 21.00 km
21 km Nordic Walking

Total time: 2:54:13

Speed: 7.23 km/h

metres in height up: 632
Course score: 30.48

performance score: 220 Points