



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Plöger, Maria

Club: Lemgo  
Number: 1264

Course: 21.00 km  
21 km Nordic Walking

Total time: 2:57:50

Speed: 7.09 km/h

metres in height up: 632  
Course score: 30.48

performance score: 216 Points