



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Grünheit, Helmut

Club: TG LAGE

Number: 1226

Course: 21.00 km

21 km Nordic Walking

Total time: 3:05:30

Speed: 6.79 km/h

metres in height up: 632

Course score: 30.48

performance score: 207 Points