



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Vierhaus, Udo

Club: Team 4haus  
Number: 3209

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:04:41

Speed: 9.28 km/h

metres in height up: 196  
Course score: 12.94

performance score: 120 Points