



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Arnzen, Norbert

Club: Laufteam Gescher
Number: 3066

Course: 10.00 km
10 km Walking

Total time: 1:09:48

Speed: 8.60 km/h

metres in height up: 196
Course score: 12.94

performance score: 111 Points