



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Rendchen, Lothar

Club: AS Neukirchen-Vluyn  
Number: 3290

Course: 10.00 km  
10 km Nordic Walking

Total time: 1:08:30

Speed: 8.76 km/h

metres in height up: 196  
Course score: 12.94

performance score: 113 Points