



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Heimann, Michael

Club: LSF-Unna-2000

Number: 3307

Course: 10.00 km

10 km Nordic Walking

Total time: 1:08:56

Speed: 8.70 km/h

metres in height up: 196

Course score: 12.94

performance score: 113 Points