



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Poggemann, Helmut

Club: Etus- Rheine
Number: 1241

Course: 21.00 km
21 km Nordic Walking

Total time: 3:11:05

Speed: 6.59 km/h

metres in height up: 632
Course score: 30.48

performance score: 201 Points