



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Deike, Karin

Club: Steinhagen

Number: 1281

Course: 21.00 km

21 km Nordic Walking

Total time: 3:12:36

Speed: 6.54 km/h

metres in height up: 632

Course score: 30.48

performance score: 199 Points