



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Erdelt, Hildegard

Club: Fissenknicker - Lauf -Treff
Number: 3212

Course: 10.00 km
10 km Nordic Walking

Total time: 1:11:26

Speed: 8.40 km/h

metres in height up: 196
Course score: 12.94

performance score: 109 Points