



8. Cheruskerwalk
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

seiffert, bernd

Club: wt-soest

Number: 3331

Course: 10.00 km

10 km Nordic Walking

Total time: 1:12:01

Speed: 8.33 km/h

metres in height up: 196

Course score: 12.94

performance score: 108 Points