



8. Cheruskerwalk  
Holzhausen-Externsteine / 02.09.2012

Detailed evaluation

Glasmeyer, Detlev

Club: LSF-Unna-2000

Number: 3306

Course: 10.00 km

10 km Nordic Walking

Total time: 1:13:48

Speed: 8.13 km/h

metres in height up: 196

Course score: 12.94

performance score: 105 Points